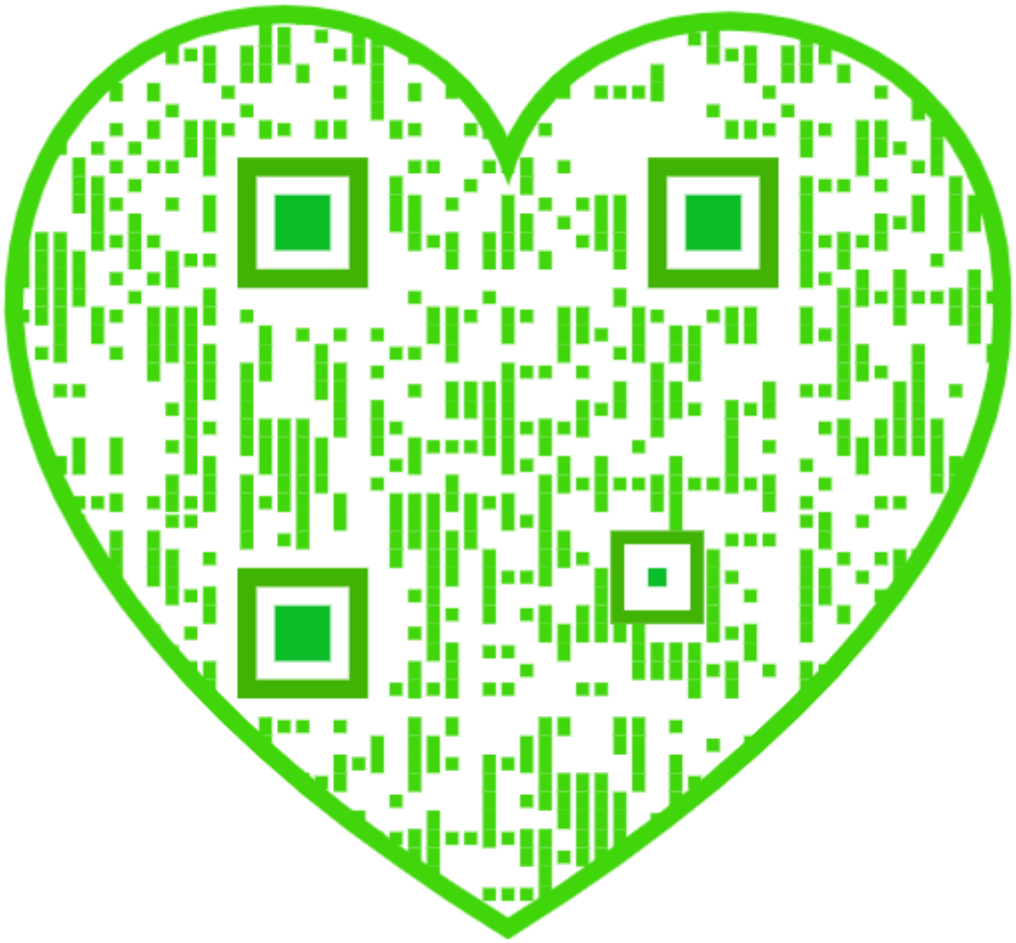
LIKE·MOTHER·USED·TO·MAKE

By

CHRISTINE TERHUNE·HERRICK

DAUGHTER OF

MARION HARLAND



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BY

CHRISTINE TERHUNE HERRICK

Author of Sunday Night Suppers, The Expert Maid Servant, The Chafing Dish Supper, etc., etc.

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TO

M. V. C.

THE BEST OF COOKS, THE BEST OF HOUSEKEEPERS,

THE BEST OF MOTHERS,

WITH LOVE, GRATITUDE, ADMIRATION

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"LIKE MOTHER USE TO MAKE"

I

BREADS OF VARIOUS SORTS

In the first place the mother did not make all the things herself. At least, my mother did not, except when an emergency arose in the kitchen. But she knew how it all ought to be done, and when a dish came to the table and was not what it should have been she could go out to the cook afterwards and tell her just what was the matter and how the trouble was to be avoided the next time. If the failure occurred again she would make the dish herself and let the cook follow her movements and see what had caused the difficulty.

There were certain things that she always made with her own hands or else had done directly under her personal supervision. She never dreamed of entrusting pickling or preserving to the unassisted efforts of Aunt Lucindy or Mammy Rachel or whoever else reigned in the kitchen, but presided over every step in the operations until the finished prod-

ucts were sealed, marked and safely stowed in the storeroom under lock and key.

Likewise she made or superintended the sponge-cake and the pound-cake and the mince-meat and the salad and the syllabubs and the calves'-foot jelly and like dainties. Even if she did not compound personally the varieties of hot bread that came to the table she knew the ins and outs of the processes from start to finish,— a knowledge eminently desirable in the days when a cook might "get her han' out" on light bread for a month at a time.

Every one knows the reputation of the Southern cook for "hot breads," as they call them down in the Old Dominion. Nowadays digestions are considered to an extent which prescribes toast and cold bread for the first meal of the day, but in the times "befo' de wah,"— and since then, too,— it was a common thing to have four or five varieties of warm bread on the breakfast-table. The tall loaf of rolls, muffins or beaten biscuit or both, batter bread, "egg bread," Sally Lunn, waffles, "batter cakes!" That was what they called them,— not "griddle cakes" or "pancakes." We ate of them all as though there were no gastronomic hereafter!

The old time darky cook is practically extinct,

alas! but her secrets live in the memory of the mothers of some of us, and should be put into concrete form for the benefit of all daughters. That, with befitting diffidence, I shall try to do in this and the following chapters.

MOTHER'S BREAD

Boil three potatoes and mash them fine while hot. Work into them a tablespoonful each of lard and sugar and stir in a pint of the water in which the potatoes were boiled. This should be lukewarm. Wet up a pint of flour with a little of the potato water, and add this to the water, sugar, lard and potatoes. Whip or stir until the batter is smooth — with no lumps. Then add half a cake of yeast, dissolved in four tablespoonfuls of warm water and a pinch of soda. (In the old time three tablespoonfuls of home-made yeast would have been used.) Turn into a deep bowl and cover and set to rise over night in a warm corner.

Early the next morning sift a quart of dry flour, slightly scalded, into the bread-tray and turn the sponge into this, and with the hands work the two together. The dough should be just as soft as it can be molded, and can be stiffened or softened by

the addition of lukewarm water or a little more flour. Flour the hands lightly to keep them from sticking. When you can make the dough into a ball, lift it out on a well-floured board, rinse out the bowl in which it was mixed with a little warm water, so as to get all the sponge, and work this into the dough. Knead it well then, from the outside towards the center, turning the ball often. Twenty minutes is none too much to give. Put the dough back into the bowl, cover, and leave in a place of even temperature. It should rise to three times its original size and will take from four to six hours in the process. At this stage knead it again for five or six minutes and make into loaves. Each pan should be about half-full. In an hour, if the pans are left in a moderate warmth, the bread will have risen to nearly twice its original size and may be baked. If you can hold your bare arm in the oven while you count thirty the heat is right. Keep it steady during the hour the bread takes to bake. If the top crust browns too quickly, cover with a sheet of white or brown wrapping paper until about ten minutes before the loaf is done.

BREAKFAST ROLLS

Mix together three-quarters of a cup of mixed

lard and butter melted with one quart of milk, slightly warmed. Add a couple of tablespoonfuls of white sugar, a teaspoonful of salt and half a yeast-cake dissolved in warm water, stir in enough flour to make a soft dough, work all together well and set to rise at night. In the morning, knead thoroughly and make up into rolls; set these closely together in a tin,— it should be a *round* tin to be "like mother used to make,"— let them rise to twice their original bulk, and bake in a steady oven.

SALLY LUNN

Beat four eggs stiff, add to them half a cupful of melted butter, a teaspoonful of salt and a pinch of soda, a cupful of warm milk and a cupful of warm water in which has been dissolved half a yeast-cake. Into this stir four cupfuls of flour, beating hard, and set to rise in a well-greased tin. Mother used to bake it in a pudding-dish and it was sent to table in this, but it looks uncommonly well when turned out of a well-buttered pan. Cover it closely and set it to rise for from six to eight hours — the latter if it is kept in a cool place. Bake steadily for forty minutes, keeping it covered for twenty-five minutes. Eat hot with butter — and thank Heaven for the gift of cooks.

RAISED APPLE BISCUIT

Scald a cupful of milk, put into it a tablespoonful of butter and set aside until lukewarm. Add a tablespoonful of sugar and half a yeast-cake dissolved in warm water. Sift a teaspoonful of salt in a cupful of flour and stir the liquid into this. Beat into a batter and set aside to rise. At the end of four hours add to it a cupful of apple, pared and grated, and another cupful of flour, through which half a teaspoonful of baking soda has been twice sifted. Let this rise an hour in a warm place, then form into round, flat cakes, put them close together in a pan, let them rise to twice their bulk, and bake in a steady oven. Split while hot and eat with butter and sugar.

MOTHER'S MUFFINS

Melt a tablespoonful of butter and one of lard and put with a quart of milk. Add two beaten eggs and half a compressed yeast-cake, dissolved in warm water. Stir in flour to make a rather stiff batter, and a teaspoonful of salt. Set to rise overnight and in the morning turn into muffin-tins, let them rise twenty minutes in a warm corner and bake.

EGG MUFFINS

Beat the yolks and whites of three eggs separately and very stiff. Add three cupfuls of milk and a quart of flour. Beat very hard, and bake in greased and warmed muffin-tins.

HOME MUFFINS

Make a batter of four cupfuls of milk, two tablespoonfuls of sugar and one of butter, a teaspoonful of salt, half a yeast-cake dissolved in warm water, and flour. Let this rise overnight. In the morning whip in four eggs. Bake about twenty minutes.

RISEN WAFFLES

Mix a quart of milk, two tablespoonfuls of melted butter, a teaspoonful of salt, a quart of flour and half a yeast-cake overnight. Let them rise until morning, add two beaten eggs and bake in a regulation waffle-iron.

MOTHER'S WAFFLES

Sift two heaping teaspoonfuls of baking-powder and half a teaspoonful of salt into three cupfuls of flour. Put together two cupfuls of milk, a tablespoonful of melted butter and two well-beaten eggs.

Add the flour and beat light, putting in a little more milk if the batter is too stiff to pour easily. Bake in waffle-irons.

RICE WAFFLES

To one cupful of cold boiled rice add half a tablespoonful of melted butter, two cupfuls of milk, a teaspoonful of salt, two teaspoonfuls of baking-powder, two eggs whipped light, and flour to make a thin batter. Beat all the ingredients well together, and bake as you would other waffles, taking pains to grease the irons very thoroughly, so that the rice may not stick.

RAISED BUCKWHEAT CAKES

To four cupfuls of buckwheat flour add one cupful of corn meal and a teaspoonful of salt, two tablespoonfuls of thick molasses, half a cake of yeast dissolved, and warm water enough to make a thin batter. After beating it thoroughly set in a warm place overnight. Sometimes the batter has the least sour taste in the morning which can be remedied by the addition of a pinch of soda dissolved in hot water.

CORN-MEAL CAKES

Four cupfuls of milk, a teaspoonful of salt, half

a yeast-cake and flour for a batter should be put together overnight and left to rise. In the morning a tablespoonful of butter melted, and two eggs, should be added to it. For some reason I have never understood, these were sometimes called "flannel cakes"— perhaps because they were warming in their effect!

BREAD-AND-MILK CAKES

Two cupfuls of stale bread crumbs worked smooth with four cupfuls of milk, a tablespoonful of melted butter, three eggs, a teaspoonful of salt and just enough flour to bind the mixture. More milk can be added if the batter is too thick. Bake on a very well-greased griddle.

BEATEN BISCUIT

Work a tablespoonful of lard into three cupfuls of flour, to which has been added a scant teaspoonful of salt. Stir into this milk and water in equal parts to make a stiff dough — as stiff as can be handled. Lay this on a block of wood and beat steadily fifteen minutes with rolling-pin or with the flat side of a hatchet. Cut into round cakes, prick on top and bake in a rather quick oven.

II

Oysters and Terrapin

Show me the man or woman of Virginia birth or breeding who believes it is possible to get as good oysters at the North as you can find at the South! In vain may you dilate upon the merits of Shrewsburys or Blue Points or Buzzard's Bay oysters. Arguments and proofs go for naught. At the end of the discussion the reply will match the statement made at the beginning: "There are no oysters I have ever eaten equal to York River and Chesapeake Bay oysters." And there is likely to be the further statement, "They don't know how to cook them up North as they do down home." In other words, they don't taste "like mother used to make."

I do not hold a brief for the Virginia oysters, although it is my own private opinion that there are no others like them! But I do know that the Northern and Southern ways of cooking them are entirely different and to make them taste as they should to me you must either have a Southern cook

at the stove or mother or mother's directions to guide you.

How I recollect Virginia oysters and Virginia cookery thereof since my childhood,— stewed oysters, fried oysters, roast oysters, scalloped oysters, broiled oysters, pickled oysters! There was no talk in that time of "milk stew" and "water stew." Oysters were just stewed, that was all. Of course they had milk with them. Mother would not have thought of stewing them without milk — or cream, And broiled oysters were not smothered in batter, either, nor was batter used in cooking fried oysters. It would have seemed an outrage. But now I have to go all the way to Virginia to get real fried oysters,— and I am told that even in the Old Dominion are to be found cooks who have forsaken old customs and fry their oysters in a coating of batter.

Terrapin was not so everyday an affair as oysters, by any means, but the "diamond backs" were plenty in the low grounds along the James River and no one could consider herself an experienced cook who did not know one or two ways in which to prepare it.

STEWED OYSTERS

Not oyster stew, if you please! It was never

called that in the old times and I don't believe it has that name applied to it at the South even now, except by outsiders.

Add a half pint of hot water to the liquor drained from two quarts of oysters. Put a little salt and pepper with it, set over the fire and let it boil up once. Turn in the oysters and let them cook for not more than five minutes or until the gills begin to crimp. Watch carefully for this stage, as every second beyond it means injury to the flavor of the oyster. Add two tablespoonfuls of butter and a large cupful of boiling milk. Take from the fire immediately and serve as soon as possible. Never let them stand at the back of the stove and keep warm unless you prefer them tough and tasteless.

FRIED OYSTERS

For this you must select fine large oysters and have them nearly uniform in size. Discrepancies in dimensions may be permitted with stewed oysters that could not be tolerated with the fried bivalves. Drain them from the liquor and lay them on a soft cloth to dry, pressing them lightly with another to remove all the moisture possible.

Roll each oyster in fine cracker crumbs, coating

it fully and lay them carefully in the frying pan, where there should be enough good butter, boiling hot, to immerse the oysters. Fry quickly to a delicate brown and take at once from the pan, with a fork or a split spoon and lay on a hot plate. These too should be eaten promptly, although they are not as irretrievably spoiled by standing as is the stewed oyster. Pass sliced lemon with fried oysters.

BROILED OYSTERS

For these too you must select large oysters, as you would if you were to fry them. Wipe them dry as you would the oysters for frying, sprinkle salt and pepper lightly upon them and broil them on a small gridiron which has the bars close together. Special oyster broilers are made. If you cook them over the fire be careful they do not smoke if any of the drippings from them catch fire. Cook quickly and after you have laid them on a hot plate put a bit of butter on each one.

PANNED OYSTERS

For this we had special small pans at home, made to order and of a size to accommodate six or eight good sized oysters comfortably. You can, how-

ever, use nappies of the right size or small casseroles, a little deeper than those sold for cooking shirred eggs. Cut a round of bread to fit the bottom of your pan, trimming off the crust. Toast and lay in the pan and moisten with a little oyster liquor. Lay the oysters on the toast, sprinkle lightly with salt and pepper and put over the oysters half a dozen bits of butter. Set the pans in an oven of steady heat and cook until the oysters "ruffle" or crimp, take from the fire and serve at once in the pans in which they are cooked. Pass lemon with these. They are an excellent supper or luncheon dish.

ROAST OYSTERS

Have the shell oysters carefully washed. If you have a coal stove you may roast them on the top or in the oven as you choose, but if you cook by gas, the oven will have to be used. In either case they will declare when they are done by opening. Pile on a large dish, taking care not to turn them on one side lest the juice run out. It takes a stout knife and some dexterity to open them entirely without spilling the liquor. Season as you eat with salt, pepper and butter. Those who shrink from the

"messiness" of opening the cooked oysters may have the work done while they are raw by a professional hand and may then set the opened oysters in the lower shell in a baking pan and put these into the oven to bake in their own liquor, serving them in the shell as soon as they are done. In either case have a big platter of thin brown and white bread and butter to eat with the oysters.

VIRGINIA CREAMED OYSTERS

Down on the Eastern Shore they have big clam shells,— at least, I suppose they are clam shells, for they are broad and shaped like a clam shell, although much larger than those we usually see,— and in these the oysters should be creamed if one would compass perfection in this dish. In default of these shells, however, one may use nappies or ramequins. Lay three or four oysters in each nappy or shell. Have ready a sauce made by cooking together two tablespoonfuls each of butter and flour until they bubble and pouring on them than a cup of oyster liquor and one of cream,— add a tiny pinch of baking soda to the cream,— and stir over the fire in a double boiler until you have a thick smooth sauce. Season to taste with salt and white

pepper, beat up hard once and pour over the oysters in the shells or the nappies. Set in the oven, and after the shells or dishes are hot bake for about five minutes. Serve in the dishes in which they are cooked.

SCALLOPED OYSTERS. NO. 1

Butter a pudding dish and cover the bottom of it with a layer of crushed cracker crumbs and moisten them with oyster liquor and a little milk. On this put a layer of oysters, dotting it with bits of butter and seasoning with salt and pepper. Cover these with another layer of crumbs, repeat that of the oysters, continuing in this order until the dish is full and making the top layer of crumbs. Strew thickly with bits of butter, bake covered for twenty minutes and brown.

SCALLOPED OYSTERS. NO. 2

Make a cream sauce by cooking together a heaping tablespoonful of flour and two of butter until smooth and then adding to them a cupful of cream or rich milk and a half cupful of the oyster liquor. Stir until it thickens, put at the side of the stove, add a beaten egg, the raw oysters, and salt and white pepper to season sufficiently. Turn into a greased

pudding dish, strew crumbs thickly over the top, dot with flakes of butter, put in the oven and brown. As all the ingredients are hot,— except the oysters and crumbs,— ten or twelve minutes in a good oven will be enough to cook the oysters and to brown the crumbs.

OYSTER PIE

In the old time a shallow pudding dish was lined with good puff paste, filled with crusts of bread, these covered with a top of the paste and baked. The edges of the dish were well buttered so that the crust would not adhere to them too closely and when the pastry was baked this top was lifted off carefully, the bread crusts removed and in their place were put oysters, prepared just as for oyster scallop in the preceding recipe, except that the oysters were allowed to cook in the sauce for three minutes after they went in. Then the crust was laid back on the dish and the whole sent to table. The argument against lining the pie dish with raw paste, putting in the uncooked oysters and baking all together was that by the time the paste was ready to eat the oysters were overdone and insipid.

OYSTER FRITTERS

Make a thin batter of flour, two beaten eggs and

equal quantities of milk and oyster liquor, adding a little salt. The batter should be just thick enough to mask the back of a spoon. Chop oysters fine, in the proportion of two cups of the oysters to one of the batter, stir the oysters into the batter and drop it by the spoonful into deep boiling fat. Do not have less than a pound of lard in your frying pan and try one fritter first to see if the heat is right. The fritter should not take more than two minutes to cook and should not be too brown. Move a little away from the fiercest heat of the stove, so that the inside of the fritter may have a chance to cook before the outside is over brown.

PICKLED OYSTERS

Put two quarts of stewing oysters over the fire in their own liquor and leave them there until just before the liquor comes to a boil. Take them off and put to one side to cool, removing the oysters from the liquor with a strainer. Put the liquor back on the stove with a cupful of white vinegar, twelve whole cloves and as many whole black peppers, half a dozen blades of mace and a red pepper broken into small pieces. Boil up well and turn over the oysters. Cover and set aside. If you wish to keep

them for more than a day or two put them into glass jars with screw tops and set in a cool dark place. Exposure to the light changes their color. They will keep for a week or so but to my mind are at their best two or three days after they have been pickled.

These are excellent for late suppers or for cold collations and will probably be welcomed by those who are tired of endless salads and sandwiches.

TERRAPIN. NO. 1

Plunge the terrapin head downwards into boiling water, as you would a live lobster, and let him cook until the meat begins to loosen from the skin. Take the terrapin from the water, let him drain until cool enough to handle and then remove from the shell, taking great pains not to break the gall, as the least particle of this would ruin the meat. Remove the gall and entrails. All the rest of the terrapin is eatable.

Cut him up into small pieces. Keep the juice that runs from the meat, put with it a tablespoonful of currant jelly, two tablespoonfuls of butter, a wineglassful of sherry and two wineglassfuls of port, a teaspoonful of Worcestershire sauce and a

pinch of cayenne and salt to taste. Stew all together for fifteen minutes, put in the terrapin and cook for ten minutes longer. At the last add a cupful of rich cream, boil up once and serve.

TERRAPIN. NO. 2

Prepare the live terrapin as already directed and cut up into small pieces. Stew the juice with the meat for fifteen minutes, add to it a large tablespoonful of butter rolled in one of browned flour, and two tablespoonfuls of sherry, salt and pepper to taste and last stir in the beaten yolk of an egg, taking care that it does not curdle. Boil up once and serve.

TERRAPIN. NO. 3

After taking the terrapin from the shell and cutting it up put it into a saucepan and cover closely. Simmer fifteen minutes. Rub three tablespoonfuls of butter and the yolks of six hard boiled eggs to a smooth paste. Have ready in another saucepan a cupful of cream to which has been added a wee pinch of soda and work this into the egg and butter paste, a little at a time. Season to taste with salt and pepper and add the sauce to the hot terrapin. Cook two minutes, add a gill of sherry and serve.

TERRAPIN IN CHAFING DISH

Cut up the cooked meat and put into the double boiler of a chafing dish with three tablespoonfuls of butter, and pepper and salt to taste. Cover and allow it to simmer for ten minutes. At the last moment, you may, if you wish, add a couple of tablespoonfuls of sherry, but you get the flavor of the terrapin better without it.

"CHAD'S" TERRAPIN

I cannot in this connection refrain from quoting from that delightful book, "Colonel Carter of Cartersville," the directions given by the old negro cook Chad for the proper enjoyment of terrapin. He had removed the upper shell from the terrapin to serve as a dish for the Major's meal.

"Tar'pin jes like a crab, Major, on'y got mo' meat to 'em. But you got to know 'em. Now dis yer shell is de hot plate, an' you do all yo' eatin' right inside it," said Chad, dropping a spoonful of butter, the juice of a lemon, and a pinch of salt into the impromptu dish.

"Now, Major, take yo' fork an' pick out all dat black meat an' dip it in de sauce, an' wid ebery

mou'ful take one o' dem little yaller eggs. Dat's de way *we* eat tar'pin. Dis yer stewin' him up in pote wine is scan'lous. Can't taste nuffin but de wine. But dat's *tar'pin.*"

III

"Hog and Hominy"

The phrase "hog and hominy" has been employed more or less in contempt by those who do not know how wide a scope the two words may possess. To the Southerner, who includes spare-rib, shoat, sausage, chine, ham — boiled, baked or barbecued — and like dainties under "hog," and who knows that batter bread, egg bread, corn bread, corn pone, johnny-cake, ash-cake and a variety of griddle-cakes "like mother used to make" are among the products rather scornfully summed up as "hominy," the classification is a synonym for savory and appetizing food combinations little known north of Mason and Dixon's line.

In point of fact, it was impossible in the old times to get most of these dishes at the North. For one thing, they do not cut pork at the North as they do at the South. The chine, instead of being cut as a saddle of mutton would be, is split lengthwise. All the meat, except one thin layer, is

taken from the inside of the sparerib for bacon,—although I am told that in what is called "country sparerib" this is not done. This cut is seldom found in city markets, however, and the sparerib, as usually sold, is a poor, dry thing. Still, in some places it may yet be possible to find the old-fashioned chine and sparerib.

In the former days it was also out of the question to buy the Southern meal at the North, and the products of the two sections are entirely different. I have heard the yellow corn-meal described by Southern housekeepers as "chicken feed," and I have known a few Northerners who cared little for the fruit of the Virginia mills and kitchen. To the Virginia "raised" child or the one who is fortunate enough to have had Virginia cookery in her home there are no hot breads quite like those with the corn-meal foundation.

To-day it is possible to obtain the Southern meal at the North and the gospel of batter bread is spreading.

ROAST CHINE

Although you cannot generally find the whole chine in the Northern markets, you can purchase a fair substitute in half a chine. The spine has been

split and the cut has a one-sided look, but it makes an excellent roast. Lay the meat in your baking-pan, brush it over with raw egg and strew thickly with cracker-crumbs, which you have seasoned well with pepper and salt, and bake in a good hot oven. When the meat is heated through, baste it with butter and water. The basting after that, which should be tolerably frequent, may be done with the gravy from the meat. After you take up the meat, set the gravy in cold water and remove the fat which rises to the top. Thicken the gravy which is left with browned flour, boil up once, season with catsup or Worcestershire sauce and send to the table in a gravy boat.

ROAST SPARERIB

It may be possible, in some market where they cut their own pork, to secure a spareribfrom which most of the meat on the inside has not been removed. If so, this recipe is worth trying. Cover the meat closely until it is about half done, then uncover and dredge with flour. Baste it often, the first time with butter and water, and after that with its own gravy. Five minutes before taking it out strew it thickly with fine bread-crumbs, to which

you have added a teaspoonful of onion minced very fine, salt, pepper and a very little powdered sage. Let the meat cook five minutes longer, basting again with butter. Proceed with the gravy as directed in the recipe for roast chine. Both with chine and spareribs it is well to have the butcher cut the joints before it is sent home, as this will simplify carving.

BOILED HAM

Put the ham to soak over night in cold water and in the morning wash and scrub it well. Put it over the fire in plenty of cold water to cover it, and let it boil slowly fifteen minutes to the pound. It is a mistake to buy too large a ham, as the smaller hams usually come from younger pork.

The best grade of Virginia hams are those which come from the county of Smithfield, where the pigs are fattened upon peanuts. The printed directions sent out with these hams by one firm which makes a specialty of them order that the ham shall be put into cold water with the skin side downwards, and that when it is cooked enough the ham will turn over of its own accord. Of course this sounds incredible, and savors a bit of the black art,— but the prediction comes true! At the time when it should be taken from the fire the ham does turn over in the

water. I have never tried this with any ham but the Smithfield, but I dare say the same plan would work in the same way with pork that was not peanut-fed!

Let the ham get cold in the water and then remove the skin. If you choose you can send it to table, "naked," as I have heard one housekeeper describe hams served with the fat uncovered, or you may brush it over with beaten egg, and cover it with a crust made by working cracker-crumbs into a thick paste with milk or cream and a little melted butter. This should be spread over the ham smoothly in a coating about a quarter of an inch thick, and the crust then lightly browned in the oven.

BARBECUED HAM

Cut rather thick slices of cold boiled ham and lay them in a frying-pan. Cook on both sides until they begin to crisp at the edges and then put on a hot dish. Add to the fat in the pan four tablespoonfuls of vinegar, a saltspoonful of English mustard, a teaspoonful of white sugar and a few dashes of black pepper. Boil up once, pour over the ham, let it stand covered for a couple of minutes

and send to the table. There is no more savory method of cooking ham than this, and it wins almost universal approbation.

BACON AND APPLES

Have the bacon cut very thin, lay it in a hot pan and fry it quickly in its own fat. Keep it hot on a plate after taking it up, and fry in the fat left in the pan thick slices of cored but unpeeled apples. When cooked tender, serve in the dish with the bacon, the latter laid about the edge of the platter. If the apples are very tart sprinkle a little granulated sugar upon them just before taking them from the pan. Sweet or semi-sweet apples are best for this dish.

PORK POTPIE

Use lean pork for this, that from the chine by preference, and have the bones well cracked. Choose a wide pot, grease it thoroughly that the crust may not stick, and line it with a good plain paste. Parboil and slice potatoes; put a layer of pork in the pot on the paste, then a layer of potatoes. Season each layer judiciously with pepper and salt. When the materials are all used, pour a quart of cold water into the pot, lay a round of paste over

the top, leaving a hole in the middle of the round through which more water may be added if the gravy cooks away too rapidly. If you desire dumplings you can mingle small squares and strips of the paste with the meat and potatoes. Cover the pot and boil slowly for two hours. At the end of the time take off the crust, pour the meat and gravy into another dish and remove the lower crust carefully. Put this on a hot platter, arrange the meat and potatoes upon it and pour the gravy over all, last putting on the top crust. This may have been browned by laying it on the top grating of the oven while dishing the meat and the lower crust.

ROAST PIG

Almost always one may procure a small pig by ordering it in advance from a butcher, who will clean and prepare and deliver it ready for stuffing. The roasting pig should never be more than a month or six weeks old.

The dressing may be made by seasoning a cupful of dry bread-crumbs with two teaspoonfuls of powdered sage, a tablespoonful of chopped onion, half a teaspoonful of salt, a saltspoonful of pepper and three tablespoonfuls of melted butter. Mix all well

together and add two eggs well beaten. Stuff the pig, doing your best to give him his original figure. Sew up the opening by which the dressing went in and truss him for cooking, tucking his fore legs under him bent backward, and his hind legs drawn forward. Skewer and bind them in place. Wipe the pig off, dredge him well with flour and put him in the dripping-pan with a little hot water poured about him. Baste him three or four times with butter and water and afterwards with the gravy. When the skin shows signs of beginning to brown rub him over with a cloth dipped in melted butter and repeat this process every five or ten minutes in order to keep the skin tender. Your pig will require about two hours in a steady oven and the skin, when done, should be crisp "crackling."

"The first one of these weaklings and flowers" — to quote Charles Lamb — "that I ever saw was at my grandfather's when I was a small child; and to this day I recall the impression he made as he lay in his bed of parsley, cranberries for eyes and a lemon in his mouth."

For a gravy you can skim the dripping in the pan, thicken with browned flour and season with catsup, lemon juice and wine. But, to my mind, he

is better cold than hot, and he is good as long as there is a bit of him left!

JOHNNY-CAKE

Mix a teacupful of sweet milk with one of sour or buttermilk, add a teaspoonful of baking-soda dissolved in hot water, a teaspoonful of salt and a tablespoonful of melted butter. Stir into this enough corn-meal to make a soft dough which can be handled. Roll it out in a sheet about half an inch thick and lay in a biscuit-tin. Bake in a rather slow oven for forty minutes, brushing it over frequently with a bit of cloth dipped in melted butter. This should be done four or five times after the bread begins to brown.

In the old days this bread was baked on a hard-wood plank in front of the open fire. The board was tipped up at such an angle that the full heat was secured, but not far enough to permit the dough to slip off. The basting with butter was performed so frequently that the bread when done was deliciously crisp.

VIRGINIA CORN PONE

Stir a teaspoonful of salt and a tablespoonful of melted lard into a quart of corn-meal and add

enough cold water to make a soft dough. Shape with the hands into oblong rolls like little loaves and bake quickly in a well-greased pan. Serve hot, break open and eat with butter.

BATTER-BREAD

Sift two cups Southern corn-meal — that in common use at the North will not answer at all — stir into it a good teaspoonful of salt and work into it a tablespoonful of melted butter. Beat two eggs light, put with them a quart of milk, stir in the meal and bake in well-greased tin pie plates. The bread is cut into triangles, split open and buttered and eaten very hot. It may also be baked in muffin-tins, but the genuine Virginia batter-bread of my childhood was always baked in the shallow pie dishes.

EGG BREAD

Beat three eggs light and add to three cups of milk, stir into this two cups of the Southern water-ground corn-meal, a teaspoonful of salt, a tiny pinch of soda, a tablespoonful of melted butter and a cupful of well-boiled cold rice. Whip all together for two or three minutes and bake like the batter-bread.

RAISED CORNBREAD

Dissolve a yeast-cake in a pint of lukewarm water. Measure three pints of Southern corn-meal, add to this a teaspoonful of salt and a tablespoonful of melted butter and stir into it the warm water in which the yeast-cake has been dissolved. Turn into a greased baking-tin, set to rise overnight and in the morning bake, covering it until done through and then uncovering to brown.

Or you may set the dough in a bowl overnight and the next morning bake in muffin-tins.

IV

Chicken Cookery

Poultry was no special treat in the Old Dominion, but was rather a staff of life. "Butchers' meat," so-called, was not always attainable, but the chicken supply was plentiful and cheap; you could buy a pair of roasting chickens in the market for fifty cents.

The birds were always ready dressed. The old-fashioned Southern housekeeper held that the craw and intestines absolutely poisoned the meat if allowed to remain in long after the fowl was killed. Nowadays we are told that poultry keeps better when the internal arrangements are not exposed to the air. Both theories may be true, and the discrepancy is possibly due to the difference in climate. But the poultry my mother used to supervise in preparation was cooped up for a day or two before it was to be killed, and was picked and dressed as soon as possible after its execution. It must not be cooked, however, for six or eight hours after this,

and I well recall the disgust of my mother, when as a child I read her a story in which a New England housekeeper tells her husband to hurry out into the yard and kill a chicken, as supper must be ready in an hour.

Fried chicken is, of course, my chief recollection of the poultry dishes mother used to make. We had roast chicken, besides, and barbecued and smothered and boiled chicken, and roast and boiled turkey and roast duck. But fried chicken was as regular an article on the Virginia bill of fare as beefsteak is in some Northern homes,— chicken fried plain or with cream gravy, with bacon or without. Broiled chicken appeared pretty often,— we always had it for breakfast Sunday morning,— but it was not such a real Virginia dish as fried chicken. The Southern cook of old time might fail on anything else in the culinary line, but I don't believe I ever heard of one who got her "han' out" in cooking poultry.

FRIED CHICKEN WITH CREAM GRAVY

For this you must have young chickens, broiling size, and they must be cut apart as for fricassee, rinsed, wiped dry, peppered lightly and then rolled

in flour, a piece at a time. Meanwhile half a pound of salt pork should have been sliced and cooked in a frying-pan long enough to make the fat flow, but not enough to brown the pork. In this fat lay the pieces of chicken and fry to a good brown, turning the pieces as they cook. When all are done take out with a fork, so as to free from grease, and lay in a hot dish. Set this in the open oven and pour into the gravy left in the frying-pan a cupful of rich milk,— half cream is better,— add a tablespoonful of flour rubbed smooth with a tablespoonful of butter, stir until the sauce has boiled smooth and thick, add a tablespoonful of minced parsley and pour over the chicken.

THE OLD-FASHIONED SMOTHERED CHICKEN

Split young chickens as you would for broiling, washing and wiping them inside and out. Lay them then skin downwards on the grating of the covered roaster. Put on the cover and set in a very hot oven. After ten minutes, uncover and baste the chickens with spoonfuls of melted butter. A half-cupful is none too much. When they begin to color on the inside turn them over and baste again. In about twenty-five minutes dredge them well with

flour, baste again and cook five or ten minutes longer. If they are young and tender less than three-quarters of an hour should suffice for making them brown and juicy. Frequent basting is essential. Put on a hot dish, thicken the gravy in the pan with a tablespoonful of browned flour, add half a cupful of boiling water, boil up once and pour over the chicken.

Before the days of covered roasters, my mother used to lay a small gridiron in the dripping-pan, to serve as a grating, and turn another pan over the top. She herself can remember that in her childish days the cooking was all done before a huge open fire. Then there was a metal oven standing on feet which raised it high enough from the ground to permit of fire being put under it. The coals were put on top and the chicken was cooked in this. If there was no gridiron small enough to fit into the pan, clean hickory sticks were laid in it to make a grating on which to raise the chicken from the surface of the pan. She says smothered chicken tasted better in those days than when cooked in a stove, but it is good enough for any one now, whether it comes from a wood or a coal or a gas range, if cooked by mother's recipe.

DELICIOUS CHICKEN POTPIE

For this you will need a tender roasting chicken, which should be cut up as for fricassee. Have sliced also half a pound of salt pork. Make a pie-paste, butter the bottom and side of a pot thoroughly,— be careful with this, to prevent sticking,— and line the pot with your paste. Have some of the paste cut into squares for dumplings. Put a layer of the sliced pork in the bottom of the pot, on the paste, sprinkle it with pepper and put in a layer of the chicken. Mix with this the pastry squares. Follow this with another layer of pork, then more chicken and so on until all are used. Cut a round of pastry quite thick, make a couple of slits in it and lay it over the top of the contents of the pot. Let these contents heat very slowly and cook from two to three hours.

Sometimes the bottom crust — which had a trick of burning — was omitted and only a top crust used. When this was the case, mother heated the shovel red hot and held it over the top of the pot until the paste was well browned and then lifted it off carefully and put it to one side until the chicken was dished; then the crust was laid on top of the chicken.

HOW TO FRICASSEE CHICKEN

Young chickens were used for this dish and were cut up in the usual fashion, and laid in cold water for half an hour before they were put in a saucepan with just enough cold water to cover them. Half a pound of salt pork, cut into strips, was fried crisp, chopped fine and put into the pot with the chicken, and into the fat in which the pork had been fried was put a good-sized onion, sliced. When this had been fried it, too, was added to the chicken, as well as a saltspoonful each of allspice and cloves. The pot was covered and all stewed together very slowly for about an hour. When the test of a fork proved that the chicken was tender it was taken out and closely covered in a dish. A spoonful of walnut or mushroom catsup was added to the gravy, two heaping tablespoonfuls of browned flour, a little chopped parsley, and last of all a glassful of brown sherry or madeira. The gravy was boiled up once, all floating bits of pork or onion removed with a strainer, the chicken put back into it for a minute and all brought to a boil and then dished.

THE FAMOUS BRUNSWICK STEW OF CHICKEN

Cut into joints a large fowl. Have ready a

broad pot or saucepan,— one of generous size. In the bottom of this put a layer of chopped salt pork, and upon this strew a teaspoonful of minced onion. Next should come a layer of thinly sliced, parboiled potatoes, one of green corn, cut from the cob, one of lima beans, and last the chicken. Begin then again with the salt pork and continue in the same order as before, repeating the process until all the materials are used up. There should have been half a dozen potatoes, three large onions, three ears of corn, a pint of lima beans and a half-pound of salt pork. Pour over all three quarts of boiling water, cover closely and stew steadily and slowly for three hours. Uncover then and put in a quart of peeled and sliced tomatoes, two teaspoonfuls of white sugar, a tablespoonful of salt and a half teaspoonful of black pepper. Cook an hour more, put in four tablespoonfuls of butter rubbed smooth with two of flour, boil five minutes longer and serve.

This is, in reality, the famous squirrel stew named for the county of Brunswick in Virginia, where it had its birth,— or its discovery, or its invention, or whatever is the correct name to apply to a work of culinary genius. But squirrels were not always attainable in our home and chickens

made so admirable a substitute that we were in danger of forgetting the real genesis of our favorite dish. I have never known any one to eat Brunswick stew, properly made, who did not enjoy it.

V

Salads and Vegetables

In the old times in the South they knew little of green salads, and a French dressing was in many regions practically an unknown quantity. Mayonnaise, too, was not to be reckoned with then, although I was quite a young girl when I first recollect its appearance.

But the chicken salad "mother used to make" was better to me than any compounded by modern methods, good as this often is. The cold slaw of those days also was different from that which we have now, and more appetizing, and I recall a potato salad which was delicious and not in the least like the dish which is usually served under that name in the North.

All of these were made with special dressings and had their appointed place on the supper-table, although they were sometimes served as a side dish at dinner. This was where lettuce and cucumbers and tomatoes appeared. The idea of making a

separate course of lettuce or of any one of the other salads, and breaking for it the sequence of the heavy, old-fashioned dinner, would have been deemed absurd.

Vegetables, too, were cooked in different style under mother's régime of that day and that place. They had longer cooking, for one thing, which to my mind is an improvement, and green vegetables nearly always had a bit of pork or bacon boiled with them. There was not so large a variety then as we have in our markets now, but those in use were cooked so differently that they seemed like other products. The methods then in service might be introduced with advantage by those housekeepers who wish diversity and can not afford forced vegetables.

Both of salads and vegetables there are too many to attempt to give anything like all, but I have made a selection of certain ones which stand out in my memory as of especial excellence.

CHICKEN SALAD

Cut the white meat of cold roast chicken or turkey into neat small pieces (never chop it), picking out all bits of skin or gristle. When it is all cut,

measure it and allow three-quarters as much celery as you have meat, cutting the celery, too, into small bits. Mix them and put them into a large dish. Make a dressing by rubbing smooth the yolks of two hard-boiled eggs with a teaspoonful each of salt, pepper and white sugar. Add a half-teaspoonful of made mustard and then four tablespoonfuls of salad oil, a drop at a time and stirred in thoroughly, the yolk of a raw egg, well beaten, and then a scant half-cupful of vinegar, a little at a time, beating well while this is going in. After you have sprinkled the meat and celery with a little salt and pepper, pour the dressing over them and stir it in well and then put into the salad bowl, garnishing the top with the rings of the boiled whites of eggs and celery tops.

LOBSTER SALAD

For the dressing of lobster salad put the yolks of four hard-boiled eggs in a china bowl and rub smooth and free from lumps with the back of a spoon. Work into them two teaspoonfuls of white sugar, one teaspoonful of salt and one of made mustard, a saltspoonful of red pepper, two tablespoonfuls of salad oil, one teaspoonful of anchovy

sauce and the coral from the lobster. This coral should have been broken fine. Cut the mixture with vinegar until it is thin enough to pour. Arrange the lobster, cut with a sharp knife in pieces of convenient size, on lettuce leaves, and pour the dressing over it just before sending to table. Have dressing and salad alike ice cold.

COLD SLAW OR CABBAGE SALAD

Put into a saucepan a cup of vinegar, a tablespoonful each of sugar and of butter, a pinch of pepper and a teaspoonful of salt. Set over the fire and stir until the ingredients come to a boil. Have shredded fine a head of white cabbage, rejecting the green outer leaves, and pour the dressing over the cabbage while scalding hot. Set it aside to cool and when chilled put it on the ice. Just before using stir into the salad two tablespoonfuls of sour cream, beaten light with a fork.

LETTUCE SALAD

Rub to a paste the yolks of two hard-boiled eggs, half a teaspoonful each of salt and made mustard, a teaspoonful each of sugar and of white pepper, and two teaspoonfuls of salad oil. If you do not care for the oil substitute melted butter. Beat in

four tablespoonfuls of vinegar and after cutting the lettuce up with a sharp knife, pour the dressing over it. A better way to present-day ideas would be to tear the lettuce or break it into small pieces, but in the old time it was always cut into strips with the help of a knife and fork. Do not let it stand after the dressing is poured over it, but have both lettuce and dressing well chilled before mixing them.

COLLARDS

For this dish the tender shoots of the cabbage are taken in the spring when the roots which have been left in the ground over winter begin to send up leaves and stalks. Pick them over carefully and lay in salted cold water for half an hour. Drain and put in a saucepan with boiling water and cook them fast until they are tender. Often a piece of pork or bacon is boiled with them. Put the meat in first and let it boil ten minutes before adding the vegetables. Drain and chop the collards and dress with butter, pepper and salt.

BEET TOPS

To prepare this dish young beets must be sacrificed. While little thicker than the finger they

must be pulled, shaken from the dirt, well washed and put over the fire in salted boiling water. Boil until the beets are tender, drain and serve hot, dressed with salt and pepper and plenty of butter. A delicious dish, and, while not attainable by dwellers in the city, is within reach of those who own gardens.

ASPARAGUS

Wash and scrape the asparagus and throw into cold water. Tie up loosely with a soft string and put over the fire in boiling salted water. Cook until tender, take from the stove and drain. Trim the crust from slices of stale bread, toast and butter it and lay it in the bottom of a vegetable dish. Soften it with a few spoonfuls of the liquor in which the asparagus was boiled; lay the asparagus evenly upon this and butter it plentifully. In the old times white sauce was the exception rather than the rule for asparagus—at least, in Virginia.

BUTTERED PARSNIPS

Boil the parsnips tender and scrape off the skin, slice lengthwise less than half an inch thick and put into a saucepan. Add to them three tablespoonfuls of melted butter, a little chopped parsley, and salt

and pepper to taste. Shake over the fire until the butter bubbles and boils, then take out the parsnips carefully, add a tablespoonful of cream to the sauce left over the fire, boil up once and pour on the parsnips in the dish.

SALSIFY FRITTERS

Scrape the skin off the salsify (which in the old days at the South no one dreamed of calling oyster-plant) and throw into cold water for twenty minutes. Put over the fire in boiling salted water, stew until tender, drain and set aside to cool. When cold, mash smooth, removing the fibrous portions, and moisten with a little milk. To every cupful of this paste add one egg and a tablespoonful of butter, beating the eggs light before putting them in. Salt and pepper to taste, make the paste into cakes of uniform size, dredge them with flour and fry to a good brown in shallow fat.

CORN PUDDING

Grate corn from the cobs of a dozen good-sized ears and put with it the well-beaten yolks of five eggs. Stir well, add two tablespoonfuls of melted butter, beat in a quart of milk, a tablespoonful of sugar and a teaspoonful of salt. Beat hard and at

the last put in the whites of the five eggs, whipped to a stiff froth. Turn into a buttered baking-dish, bake covered for twenty-five minutes, uncover and brown. A delicious vegetable.

CORN FRITTERS

To every two cupfuls of corn, grated from the ear before cooking, allow two eggs and three tablespoonfuls of cream or milk. Whip the eggs light, beat in the corn a little at a time, add a tablespoonful of butter for two cupfuls of the corn. Salt to taste, add the cream or milk, and lastly, put in a couple of tablespoonfuls of flour,— enough to hold the fritters together. Cook upon a griddle as you would pancakes or by the tablespoonful dropped in boiling fat.

SCALLOPED EGG PLANT

Cut the egg plant into slices, peel and boil until soft, then arrange in a bake-dish with alternate layers of crumbs, pepper, salt and butter. Bake covered half an hour, uncover and brown.

STRING OR "SNAP" BEANS

String carefully, trimming off the ends and sides, cut into inch lengths and lay in slightly salted water

for ten or fifteen minutes. Drain the beans and put them in a saucepan of boiling water with a cube of salt pork or of bacon, cooking half an hour if the beans are young and tender, from an hour to two hours if they are older and firmer. The long boiling improves them. Drain them, dress with a little butter, pepper and salt, and serve.

TURNIP TOPS

These are the young shoots the turnips put up in the Spring when they have been left in the ground all Winter, as is done at the South. Even in the North the turnips sprout in the root cellar, and these shoots make excellent eating. Cut them off, wash them well and put them over the fire in a plenty of boiling water. Cook in this ten minutes. In another vessel have a piece of corned pork stewing, and when you have drained the turnip tops or "turnip salad" as it was called in Virginia, put them in with the pork and let them simmer twenty minutes longer. Drain again, lay the pork in the middle of the dish and arrange the greens about it. Eat with the addition of lemon juice or vinegar.

Care must be taken to use an abundance of water in the first boiling, to rid the turnip tops of the

slight bitter flavor that would otherwise cling to them.

BLACK EYED PEAS

When these are green they will not require preliminary soaking, but when they are dry they must be soaked overnight. Put them over the fire in hot water with a piece of "middling" or bacon, and boil until tender,— half an hour about for the green peas, an hour and a half for the dry. Drain, mash slightly with the back of a spoon, fry half a dozen thin slices of bacon in a frying-pan, take them out and lay to one side and put in the half mashed peas. Cook until they are slightly crisped and browned on one side and turn out on a dish. Lay the strips of bacon about the beans.

LARGE HOMINY, BOILED

At the North this is termed samp. Soak it overnight and in the morning put it over the fire with plenty of water and boil three or four hours until soft. Drain, turn into a vegetable dish and eat as a vegetable with butter, salt and pepper.

LARGE HOMINY, FRIED

Put a large tablespoonful of bacon dripping or of

butter into the frying pan, and as soon as this is hot turn in enough of the large hominy, boiled as in the preceding recipe, to cover the bottom of the pan two or three inches deep. Cook until it is browned on the under side and turn it out so that the browned part is uppermost. This may be garnished with fried bacon, if desired.

VI

Southern Sweet Dishes

" Why do I never get such pound-cake as this anywhere but from a Southern kitchen? " I asked a friend the other day.

The cake in question was even brown without, a clear gold within, fine in texture and delicious in flavor.

" I don't know why," she answered, " except that I think the Northern cooks are not generous enough with their eggs and butter. You know you just can't be stingy when you are making pound-cake."

" It tastes 'like mother — and grandmother — used to make,' " I sighed, taking another piece.

Not only the pound-cake was better in those old days, but sponge-cake and layer-cake and, indeed, all cakes. I don't eat any gingerbread now like that of the old time. Nor do I find such wine jelly, such syllabubs, such whips, such pies! Those who are on the lookout for new sweets might do worse than take a lesson from the dishes mother used to make

and set forth as a novelty something that seems new just because it is so old. I can vouch for the accuracy of the directions.

POUND-CAKE

One pound of eggs, one pound each of flour, of butter, of sugar; half teaspoonful grated nutmeg, one tablespoonful of best brandy. Wash the salt out of the butter, and cream it with the sugar. Beat the yolks and whites of the eggs separately and very light. Work the spice and brandy into the creamed sugar and butter, stir in the yolks of the eggs, and when well mixed add the sifted flour alternately with the whipped whites. Beat them in lightly, but do not stir them after they have been added. Make the batter for pound-cake as stiff as it can be stirred. Bake in a steady oven in either brick or melon tins.

This is the genuine old-fashioned pound-cake and is very rich. A simpler cake may be made by using only three-quarters of a pound of butter, but the other ingredients the same as in the recipe given.

OLD-TIME SPONGE-CAKE

Weigh ten eggs and take their weight in sugar and half their weight in flour. Grate half the peel of a lemon and put with it all the juice of the lemon.

Beat the yolks until thick and smooth and add the sugar. Stir in the lemon-juice and peel, then the flour and, last of all, the stiffly-beaten whites. Bake in a steady oven, and take care that the kitchen is not jarred and that the oven door is opened and closed carefully while the cake is baking.

SOFT GINGERBREAD

One cupful each of butter, molasses, sugar and sour milk, two eggs, one tablespoonful of ginger and one teaspoonful each of cinnamon and baking-soda, four and a half cupfuls of flour. Put the butter, molasses, sugar and spices together in a bowl and set them where they will warm gradually. When the butter softens, beat the contents of the bowl to a cream. Dissolve the soda in a little boiling water and stir this into the milk. Put this with the warmed mixture, add the eggs, beaten light without separating, and then put in the flour. If the amount given does not bring the mixture to the thickness of cup-cake batter, add a little more. Beat very hard before turning into well-buttered pans. Bake in a loaf or, if preferred, in small tins.

CHEESE-CAKES

Cream a half-pound of butter with a pound of

sugar, beat in the yolks of six eggs, the grated rind of two lemons and the juice of one, a grated nutmeg and a tablespoonful of brandy; last of all, stir in the whipped whites of the eggs. Line open patty-pans with good puff-paste and fill with the mixture. Lay strips of pastry in a lattice pattern across the top, and bake. Eat cold.

TRANSPARENT PUDDINGS

Prepare your filling as for cheese-cakes and bake in pie plates lined with rich pastry. Make a meringue by beating together the whites of four eggs, four tablespoonfuls of powdered sugar and the juice of a lemon. Spread this over the tops of the pies when they are baked and leave them in the oven long enough to brown the meringue lightly.

SWEET POTATO PIE

Parboil a pound of good sweet potatoes and when quite cold, grate them. Cream half a cupful of butter with three-quarters of a cupful of white sugar, stir in the beaten yolks of four eggs, a teaspoonful each of cinnamon and grated nutmeg and the juice and grated rind of a lemon. Whip in the grated potato, a cupful of milk and two tablespoonfuls of brandy, and, last, the beaten whites of the four eggs.

Bake in open pastry shells or as a pudding in a deep baking-dish without a crust. Eat cold.

GOOSEBERRY TART

Pick over your gooseberries, "top and tail" them and put into a saucepan with enough water to prevent burning. Simmer until they break, and sweeten to taste. If the gooseberries are green they will stand a great deal of sugar. Set them aside to cool and when cold pour into pastry shells. Cover with a thickness of puff-paste and bake well.

SQUARE TURNOVERS

For these, cut squares of good pastry. Make ready a filling by thickening a cupful of hot milk with three tablespoonfuls of flour wet to a paste with cold water. Let it boil for a minute, see that it is free from lumps, take from the fire and pour on three eggs, beaten well with a half cupful of powdered sugar. Return to the fire and stir to a thick, smooth cream. Flavor to taste. When cold put it by the spoonful in the middle of a square of the paste and fold the corners to the middle, pinching them together there. Bake to a good brown and eat cold.

SYLLABUBS

Sweeten a pint of rich cream with a half cupful of fine sugar, stirring until the sugar is thoroughly dissolved. Whip the cream light and then flavor with a glassful of sherry and a teaspoonful of vanilla. Serve at once, either in individual glasses or in a big bowl.

WINE JELLY

Soak one box of gelatin in one cupful of cold water for an hour, and then add to it three cupfuls of sugar, the juice of two lemons and the grated peel of one and a good pinch of cinnamon. Let all stand together in a cool place for an hour. Turn over them, then, a quart of boiling water, stir until the gelatin is entirely dissolved; add a pint of good sherry, strain through a flannel — do not squeeze it — and turn into a mold wet with cold water. If the gelatin does not dissolve, put it over the fire for a moment until the liquid comes to a boil. Do this, of course, before the wine goes in.

GOOSEBERRY FOOL

Stew a quart of ripe gooseberries in just enough water to cover them, and when soft rub them through a colander. Take the pulp that goes

through and beat into it a tablespoonful of butter, a cupful of sugar and the yolks of four eggs, well beaten. Heap in a glass dish and put on top a meringue made by whipping the whites of four eggs stiff with three tablespoonfuls of powdered sugar.

VII

Pickling and Preserving

My grandmother, who was a notable housekeeper, did much of her conserving after dark. When the heat of the Southern day was past she would cook her jellies and preserved or pickled fruit in an outdoor kitchen. My mother practiced the same philosophy and studied coolness of dress and conditions when preparing and putting up provisions for her jelly closet and preserve pantry. The example is worth following, for even at the North there are torrid days to be avoided when hot work over a stove must be done.

MIXED PICKLES

For this you must lay the vegetables in brine. The gherkins or small cucumbers should be packed in a crock with alternate layers of salt, and left in this, after pouring in water enough to cover the top layer, for a full week, stirring them up from the bottom every day or two. To keep the top layer from floating, place a weighted plate on it. When

ready to put up the pickles, go over the cucumbers carefully, rejecting all that are soft, and leave the others in fresh water forty-eight hours, changing the water once.

The cauliflower for your pickles may be cut into small clusters and boiled in strong brine for three minutes, taken out, sprinkled with salt, and, when dry, brushed off and thrown into cold vinegar for two days. Select young string-beans, radish pods that are young and green, and "green" all the vegetables together by laying them in a broad kettle which you have lined with vine leaves, sprinkling the pickles with a very little alum; fill with cold water, covering with more vine leaves, and, after putting a close top on the kettle, steam for five or six hours. The water should not be allowed to boil. After the pickles are well greened they may be thrown into very cold water and left there half an hour.

The vinegar for the pickles may be prepared by allowing a cupful of sugar, three dozen each of whole cloves and black peppers, a dozen blades of mace and eighteen whole allspice to each gallon of vinegar. Cook all together for five minutes, keeping at a steady boil, and then, having arranged your

prepared vegetables in a stone crock, pour the boiling vinegar upon them, cover, and set aside. The next day but one drain off the vinegar, make it scalding hot again and pour over the pickles, and do this on alternate days three times more. Close tightly the crock or jars containing the pickles and let them ripen for at least two months before you serve them.

PEACH MANGOES

Select large free-stone peaches. Use them before they begin to mellow. Lay the fruit in a strong brine for a week. Dry them, cut a slice from the side of each peach and remove the stone, saving the slice to replace after the peach is stuffed. Make a stuffing of one teaspoonful each of ground nutmeg, mustard, mace, white sugar, celery seed and salad oil, a clove of garlic, chopped, a pinch of ginger, a dozen whole pepper-corns, and a tablespoonful of scraped horseradish. Mix all well and stuff into the hole in the peach. Make it as full as it will hold, replace the slice cut out, sew in with strong linen thread and put the peaches into pickle. Make this by adding a cupful of brown sugar to a gallon of vinegar and a half-teaspoonful of cayenne.

Bring this to a boil and pour, while scalding hot, over the peaches.

PEPPER MANGOES

Use large green peppers, cut a slit in the side and remove the seeds with a knife or an oyster-fork. Be careful not to touch them with your fingers at the risk of a burning. Prepare a stuffing by the same recipe as that for the peach mangoes; fill the peppers with this, sew up the slit, lay them in a deep stone jar and pour boiling vinegar on them. This must be drained off, reheated and poured over the peppers again three times, with an interval of two days between each scalding. Four months will be required to ripen these for the table.

SLICED CUCUMBER PICKLE

Slice twelve large green cucumbers and boil them in vinegar for an hour. Put aside in the vinegar and prepare a further pickle as follows: allow a half-tablespoonful each of sliced garlic, grated horseradish, turmeric, ground black pepper, ginger, cinnamon and celery seed, a teaspoonful each of ground cloves, allspice and mace, a half-teaspoonful of red pepper and a half-pound of sugar to each half-gallon of vinegar; put in the cucumbers and

simmer for two hours. Take from the fire and put into jars.

GREEN TOMATO PICKLE

Slice without peeling four quarts of green tomatoes; peel and slice a quart of onions and put with these two cupfuls of sugar, a quart of vinegar, a tablespoonful each of salt, ground mustard and black pepper, and half a tablespoonful each of allspice and cloves. Put over the fire and stew until the vegetables are tender, watching carefully that the mixture does not scorch. This will be fit for eating in about two months.

PICKLED PEACHES

Peel and weigh your fruit, and to every five pounds of it allow two and a half pounds of sugar, a pint of vinegar, and spices,— cloves, cinnamon and mace,— to taste. Let the peaches lie in the sugar for an hour and then drain off the syrup which has flowed from them and put it over the fire with a half-pint of water. As it boils, the scum will rise and must be taken off. When the scum does not rise any longer, put in the fruit. Boil for about five minutes, remove the peaches with a skimmer and spread on dishes. Put the spices and

vinegar with the syrup and let it boil fifteen minutes. Arrange your fruit in glass jars and pour the syrup over it. Pickled pears may be put up by the same recipe.

FRUIT JELLIES

Cook your fruit, berries, apples, quinces, grapes or damsons, until the fruit is broken to pieces. Put the fruit through a vegetable press and let the juice that runs from it strain through a flannel bag; measure the strained juice and to every pint of it allow a pound of sugar. Return the juice to the fire in your preserving-kettle and put the sugar in the oven in shallow pans. Let the juice boil twenty minutes, removing any scum which may rise to the top; turn in the sugar and bring the jelly to a boil; cook just one minute and take from the fire. Have the jelly-glasses ready in hot water, fill to the very brim with the jelly (this shrinks in cooling) and set aside. When cool pour melted paraffin on the top and put on the covers.

FRUIT JAMS AND MARMALADES

Weigh your fruit, hulling or picking over berries, peeling and slicing larger fruits, before the weighing is done. To each pound of the fruit allow

three-quarters of a pound of sugar,— except with green gooseberry jam, when pound for pound is demanded. Put the fruit over the fire and let it cook until tender, heating it slowly at first, and stirring it from the bottom often. Let it boil three-quarters of an hour. Dip out any superfluous juice and either can it for pudding sauce or make it into jelly. Put in the sugar and boil for five minutes. Take off any scum which rises to the surface. Put into small jars, or glasses, and seal.

BRANDIED PEACHES

Make a syrup of seven pounds of granulated sugar and a little water,— enough to dissolve the sugar. Put it over the fire in a preserving-kettle and let it come to a boil. Have ready seven pounds of firm white peaches, peeled but not stoned, lay the fruit in the syrup and boil five minutes. Take it out carefully, put it into jars, boil the syrup fifteen minutes longer or until it thickens, add three half pints good brandy, pour the mixture at once over the fruit in the jars and seal these.

BRANDIED PEARS

These may be put up in the same way and so may

plums. Peel the pears but only prick the plums, to prevent their bursting.

PRESERVED PEARS AND PEACHES

Peel the pears without removing the stems; peel and stone the peaches. Weigh them and allow a pound of granulated sugar to every pound of the fruit. Cover the bottom of a preserving-kettle with a layer of the sugar, put fruit on this, another layer of sugar, and proceed thus until all are used. Let the kettle heat slowly at the side of the stove and stew the fruit in the sugar until they are clear and tender. This should not require much over half an hour. The fruit must then be removed from the syrup with a perforated skimmer and spread out on large platters while the syrup is again brought to the boil and cooked fast for about a quarter-hour. Skim frequently and when clear and thick arrange the fruit in wide-mouthed jars and pour the syrup upon them.

VIII

Old-Time Thanksgiving Fare

Despite the Southern training which made our home cookery smack preëminently of the Old Dominion, there were other strains which helped to give variety to the table. A New England connection familiarized us with delicacies of Puritan and Pilgrim ancestry; a relation with the New Amsterdam Dutch had introduced us to the good things whose forebears had come from Holland. So when we came to plan for a Thanksgiving dinner we were not restricted to the dainties of any one section of the country. The Thanksgiving bill of fare is always much the same, and we would not have it otherwise. In my young days the mince pie was considered a Christmas dainty and was served for that season. Pumpkin pie made its bow, so to speak, at the Thanksgiving dinner, and then, too, we usually had the first turkey of the year.

The only variety in the turkey was his stuffing,

and while this was usually the good old dry and buttery bread dressing, we varied it sometimes by the addition of sausage or of oysters. The latter was an especial favorite. Cranberry jelly or sauce we always had, and the stock vegetables, turnips, celery, sweet potatoes and a corn pudding. Then there was a delicious Thanksgiving cake, but this was generally saved until supper-time and served after a salad which stimulated our overworked appetites.

OYSTER STUFFING FOR TURKEY

Make a stuffing for turkey of a large cupful of crumbs, seasoning with parsley, sweet marjoram and thyme, and moisten with melted butter. Chop twenty small oysters fine and mix with the dressing. If you prefer you may leave the oysters whole. With this stuffing fill the breast of the turkey.

FRIED OYSTERS TO GARNISH TURKEY

For this you must select fine large oysters, take them from the liquor carefully and dry on a soft cloth. Dip each oyster in powdered crackers, rolling it over and over until well coated. Fry them in enough hot butter to cover them when you put them

in the frying-pan. Take out the moment they are done and lay around the edge of the hot dish in which the turkey is established.

CRANBERRY SAUCE

Put one quart of cranberries over the fire with half a pint of cold water and let them cook until broken to pieces. Add a pound of sugar and cook until this melts,— no longer, as lengthy cooking tends to make the sauce bitter. Take from the fire and set aside to cool.

CORN PUDDING

Chop two cupfuls of canned corn and beat into it two eggs, whipped light, half a pint of milk in which has been dissolved a pinch of baking-soda, a tablespoonful of melted butter, a tablespoonful of sugar, a half-pint of milk and salt to taste. Turn into a greased pudding-dish and bake covered fifteen minutes; then uncover and bake ten minutes longer. Serve as a vegetable.

FILLING FOR PUMPKIN PIE

Press through a colander a quart of stewed pumpkin and add to it two quarts of milk. Have this rich and, if you can make it part cream, it will im-

prove the pie. Stir in a cupful and a half of granulated sugar, a teaspoonful each of cinnamon, nutmeg and mace, the yolks of nine eggs, well beaten, and finally the whites of the eggs whipped to a standing froth. Beat all well and turn into pie dishes lined with good paste.

PASTRY FOR PUMPKIN PIE

Have your pastry-board, mixing-bowl, chopping-knife and other utensils very cold, as well as the ingredients. Chop three-quarters of a pound of butter into a pound of flour; when well mingled,— the butter in bits no larger than a pea,— stir into the mixture a small cupful of iced-water. Mix together lightly with your chopping knife and just as soon as blended turn out on your floured pastry-board. Roll out lightly, fold in three, roll out again, fold in three and roll out once more. Handle the pastry as little as possible. After the third rolling put the pastry on ice. If you can, it is better to make it the day before it is to be used and leave it in the cold until needed. When you roll it out for the pies, cut it into rounds with a very sharp knife, and when you spread it on the pie-plate do not pinch the edges or press them. Press the pas-

try down around the sides and the bottom of the pie plate but leave the edge untouched.

THANKSGIVING CAKE

Cream three cupfuls of powdered sugar with one cupful of butter; add one cupful of milk. Sift two teaspoonfuls of baking-powder with four cupfuls of flour and beat stiff the whites of ten eggs. Add the flour and the whites of the eggs alternately to the other ingredients. Flavor to taste with rose-water. Have ready two cupfuls of citron shredded fine and well dredged in flour, and stir this in last. Bake in a loaf or in small cakes.

TURKEY SCALLOP

Remove and chop the meat from the bones of the turkey, rejecting all gristle, though some of the better pieces of skin may be retained, if tender. Butter a pudding-dish and put in the bottom of it a layer of crumbs, moistening them a little with milk. On the layer of crumbs put one of the chopped meat, mingled with fragments of the dressing. Sprinkle with salt and pepper and dot with bits of butter. Next comes another layer of the milk-moistened bread-crumbs, and so on until the dish is full. Keep back the last layer until you

have poured into the scallop the gravy from the turkey. If there has not been enough left to save the scallop from dryness, dilute what you have with hot water, adding butter, or make more stock from the turkey bones.

The scallop is further enriched by a crust made of bread-crumbs soaked in warm milk, seasoned with salt and with two eggs beaten into it. This crust is to be spread smoothly over the top of the scallop, stuck thickly with bits of butter and covered by a deep plate after the scallop goes in until the bubbles begin to boil up at the side of the dish. The dish is then to be uncovered and the crust browned.

IX

Christmas Cheer

Christmas was the great festival of my youth. The preparations for it began weeks in advance with the making of mince-meat and "Christmas cake" and continued from then until the great day. There was enough Dutch blood in the family, as I have already said, to insure our having crullers as one of the items of the Christmas dinner or supper; but there was much besides — a turkey, of course, and a dish of scalloped oysters and sweet potatoes baked with sugar and butter, and celery and cranberry jelly and plum pudding, as well as the mince pies. The great feature of the occasion was the little roast pig.

As the cooks themselves did, I shall begin with the dishes that had to be made before the great day, and give the direction for them as they have been handed down to me by my mother, who in her turn received them from her mother, and she from hers.

MINCE-MEAT

Chop fine two pounds of cold boiled lean beef, and mince to a powder a pound of beef kidney suet, sprinkling it with flour if it seems disposed to stick. Seed and cut in half two pounds of raisins, and wash and pick over carefully a pound of sultana raisins and two pounds of cleansed currants. Be sure that they are free from grit and dirt before you let them out of your hands. Peel and chop five pounds of apples, and shred three-quarters of a pound of citron. Mix these all together, with two tablespoonfuls each of mace and cinnamon, a tablespoonful each of allspice and cloves, a teaspoonful of grated nutmeg, two and a half pounds of brown sugar and a tablespoonful of salt. Put with them a quart of sherry and a pint of brandy and pack in a stone crock. If you do not use either of these liquors put cider in its place. The mince-meat should mellow for a week at least, or better, for two or three, before it is used. When it is made up it would not be the pie of my childhood or family tradition if it were not baked in an open crust with strips of paste, the edges zigzagged by a "jigging iron," laid lattice pattern across the top. In my younger days I thought all mince pies were

born so, as it were, and although I have since then eaten good mince pies with solid upper crusts they never taste quite as they should. They lack the crisscross top.

SUGARED SWEET POTATOES

Boil and peel sweet potatoes and cut them into slices. Lay these in a buttered bake dish, sprinkling each layer with light brown sugar and bits of butter, allowing a tablespoonful of butter to each layer and at least the same quantity of sugar. When the dish is full make the top layer of butter and sugar, pour in about half a cupful of water,—just enough to keep the potatoes from sticking, cover closely and bake in a steady oven for half an hour. Uncover and brown lightly.

ROAST TURKEY WITH CHESTNUT STUFFING

Wash the turkey out with cold water to which you have added a little soda. Neglect of this precaution often gives a strong taste to the stuffing. Make a chestnut dressing by boiling one quart of the large Italian or French chestnuts, shelling and peeling them and mashing them smooth. Rub into them a couple of tablespoonfuls of butter, season

to taste with salt and pepper and stuff the turkey with this as you would with any other dressing. When it is in the bird, sew up the body and tie the skin covering the craw opening securely, so that the dressing will not ooze out. It is well to cover the breast of the fowl with slices of fat salt pork. Put into the pan, turn over it a cover or a pan, pour over it and around it a cup of boiling water, and roast fifteen minutes to the pound: baste several times with the gravy in the pan. For the gravy take out the turkey and keep it hot, while to the liquid left in the pan you add a tablespoonful of browned flour wet up in a little cold water, salt and pepper to taste, and the giblets, which you should have boiled separately. Stir all well together and if not of a good color add a little caramel or kitchen bouquet. Boil up for a minute and put into a gravy dish.

CHESTNUTS STEWED IN GRAVY

Boil the large chestnuts for ten minutes, take them out, shell and peel them, having care to break them as little as possible. Skim and strain the liquor in which the giblets were boiled, season it to taste with salt and pepper, and to a pint of it

add a tablespoonful of browned flour rubbed smooth with a teaspoonful of butter. In this gravy place the peeled chestnuts and let them simmer ten or fifteen minutes at the side of the stove. Serve as a vegetable.

SCALLOPED OYSTERS

Drain the oysters, arrange them in the bottom of a buttered pudding dish and strew over them fine bread-crumbs. Sprinkle with pepper and salt and dot with bits of butter. Wet with a little oyster liquor. On this put another layer of oysters, similarly seasoned, then more crumbs, more seasoning, and so proceed in alternate layers until the dish is full. The last layer should be of crumbs, and the amount of butter on this must be twice as much as on the previous layers. Bake, covered, for half an hour.

EGG-NOGG

One of the features of the old time Christmas festivity was a big bowl of egg-nogg which was on tap, so to speak, all during Christmas. This did not mean on Christmas Day alone but all during the week between Christmas and New Year's, when merry-makings were constant and a round of visits

and calls was in order. The egg-nogg was brewed early in the action and the supply was renewed as it was exhausted. The old time proportions were as follows: One quart of rich milk, six eggs, half a cup of sugar, half a pint of the best brandy. The whites and yolks were beaten separately, the whites to a standing froth. The yolks and sugar were put together after the former had been whipped smooth and thick, the milk was added, the brandy stirred in and last the yolks were whipped in lightly. A little nutmeg was grated over the top of the egg-nogg after it was all mixed.

CHRISTMAS CAKE

This was always served with the egg-nogg and the richness of the combination was enough to have driven those who partook of it into dyspepsia. The fact that the cake was eaten in small quantities may have helped save them.

Cream together a half pound of butter and half a pound of sugar. Whip six eggs stiff, whites and yolks separately, and add to the butter and sugar. A teaspoonful each of cloves, cinnamon and grated nutmeg is then stirred in, a cupful of sifted flour, a quarter of a pound of citron, shredded and

dredged with flour, a half pound of currants, thoroughly washed, picked over and dried and the same amount of seeded and halved raisins. Both raisins and currants are dredged with flour. Last of all a small glassful of brandy is added and the cake is baked in a loaf. The pan must be well greased and the cake baked slowly, covered, until it is nearly done. This cake will keep for months, if well wrapped up and in a tin box.

CRULLERS

Cream together half a pound of butter and three-quarters of a pound of powdered sugar, add to them six eggs, beaten light, nutmeg to taste and enough flour to make a dough which can be rolled out into a thin sheet. Cut into shapes, and fry in boiling lard. Have plenty of this in the pan and test the heat before beginning to cook. The crullers of my youth were cut with a jigging iron which gave them adorable crinkly edges and were made in shapes like gridirons as well as in rounds. It is not only childish association which makes me declare crullers prepared by the foregoing directions the best I ever tasted.

X

A Few Christmas Candies

Who could imagine a Christmas without candy? Who would want to imagine it?

Yet the candies are a serious item in the holiday expenses. That is, if you get good ones, and you don't want the cheap sort. Better make them at home, not only for yourself but also for Christmas presents. I know a family of girls who possess more good-will than pocket-money and who always make up quantities of delicious candies for Christmas gifts. The sweets are put into pretty holly boxes, tied with bright ribbons and are received with enthusiasm. Here are gifts that not every one can buy. The shops do not hold them, and the prices asked for them at Woman's Exchanges discourage most would-be purchasers.

So make your Christmas candies at home. You need have no lack of variety, but I would recommend your concentrating your attention upon two or three kinds and make them your specialty. Candy cookery is not the simple thing some persons

think; it requires judgment and experience as much as any other kind of cooking. Try your products on the family and intimate friends before you reckon on them as Christmas presents and don't put off making them until a day or two before Christmas. Have wax paper a-plenty in which to wrap them, and you may trust to their keeping as well as those made by a confectioner.

The candies mother used to make in my long ago childhood were nothing like those I see now. They were not made in the easy modern fashion but were boiled and pulled. First among them stood

MOLASSES CANDY

For this a quart of good molasses is put over the fire with a cup of sugar and a half-cup of vinegar. Genuine molasses must be used,— not light syrup. The mixture must cook together over the fire until a little of it hardens when dropped into cold water. In my youthful days the molasses would sometimes stew for a couple of hours before it reached this point and the elders would say it was because the molasses was raw. In these later days the molasses is in a more advanced stage of preparation and such long cookery is not required.

When the hardening point is reached with the syrup a lump of butter the size of an egg is stirred in and a teaspoonful of baking-soda, dissolved in hot water. The syrup is poured into buttered platters and as soon as it is cool enough to handle without absolutely blistering the skin it is pulled with buttered finger tips. The longer it is pulled the whiter it gets. I have seen it pulled into long rope-like strands of glistening whiteness and then braided into beautiful shining sticks,— but that was by the hands of those who had made an art of such work, and we children stood by and wondered at the grandmother and aunts who could accomplish such wonders.

If taffy is preferred to the pulled candy, the molasses may be poured in a shallow sheet into buttered pans and as it cools be marked into squares with a buttered knife. Nuts or grated cocoanut may be added to different portions of the stewed molasses.

SUGAR CANDY

This is made by cooking together three cups of granulated sugar, half a cup of vinegar and water for an hour without stirring, or until a little of it dropped from a spoon crisps in cold water. A

tablespoonful of butter and a teaspoonful of soda dissolved in hot water are then turned in and the candy taken from the fire, to be pulled or made into taffy as preferred.

While no other candy can seem quite the same to me as the sweets of my youth I have found many good modern bonbons of various kinds which are easily made at home.

To my mind, the cooked candies are preferable to the so-called French candies, and I accordingly give more space to them.

SEA FOAM FUDGE (CHOCOLATE)

Put over the fire in a clean saucepan one cupful of light-brown sugar, a half-cupful of water and a third of a cupful of grated chocolate and boil without stirring until it spins a thread from the point of a spoon. Have beaten light the white of an egg; pour the boiling mixture upon it and stir until it begins to stiffen. Drop from a spoon on waxed paper in little bonbons, or pour into a greased pan before it begins to stiffen and mark into squares or diamonds with a buttered knife.

SEA FOAM FUDGE (NUT)

Put into a saucepan three cupfuls of light-brown

sugar, a cupful of cold water and a tablespoonful of vinegar. Bring this to the boil gradually and do not stir after it is once heated. Boil steadily and when a little of it dropped into cold water forms a hard ball take it from the fire. Whip stiff the whites of two eggs and when the syrup has stopped bubbling pour it on these and beat well. When it begins to stiffen, flavor with one teaspoonful of vanilla and add a cupful of chopped nut kernels,—hickory, pecan or English walnuts. Drop on paper or turn into a greased pan and mark off in squares or triangles.

"DIVINITY FUDGE"

Boil together two cupfuls of granulated sugar, one cupful of maple-syrup, one cupful of water and a tablespoonful of vinegar until a little of it hardens when dropped in cold water, and then add a teaspoonful of vanilla and take from the fire. While this mixture has been cooking, a cupful of granulated sugar should have been put over the fire in another saucepan, with a half cupful of cold water, and boiled until the mixture spins a thread from the tip of a spoon. The compound should at this stage be beaten up with the stiffly-whipped whites

of two eggs, and this stirred into the first preparation, which should by now have cooled slightly. Beat the two hard until they begin to stiffen, when turn in two cupfuls of chopped nut kernels. Drop on paper or pour into pans and cut in shapes desired.

PEANUT BRITTLE

Boil together a cupful of brown sugar, one of molasses, two tablespoonfuls of butter and a tablespoonful of vinegar. When a little of the syrup is brittle if dropped in cold water, add a cupful of peanuts from which the inner skins have been removed. Take from the fire, stir in a teaspoonful of baking soda dissolved in a little cold water, beat well and turn into greased pans.

POPCORN BALLS

Make some old-fashioned molasses candy and just before taking from the fire stir in enough popcorn to thicken it. After stirring the mixture for a minute set the kettle at the side of the stove, take the mixture from it by the large spoonful and lay each on greased paper or a greased tin. As it hardens roll each spoonful into a ball, greasing the hands well first and roll each ball over and over in

freshly-popped corn until this ceases to adhere to the surface. Wrap in waxed paper.

FONDANT FOR CANDIES

Put a pound of granulated sugar into a saucepan with a cupful of cold water and boil without stirring until the mixture spins a thread from the tine of a fork dipped into it. Cook a little while after this until you can make a soft ball with the fingers of a little of the syrup dropped into cold water. Turn then into a greased bowl and beat hard until it is smooth and white and can be kneaded like dough in the hands. This can be put away and kept until needed. Formed into balls, nuts may be put on either side of it; dates or raisins may be stuffed with a bit of it, citron or figs may be mixed with it. It may also be used as the centers of ordinary chocolate creams.

CHOCOLATE CREAMS

Melt chocolate, either sweetened or unsweetened, as you prefer, in a double boiler, until it is thick and smooth. Make your fondant into balls of the size you wish, and stick a skewer into each in succession and immerse the ball in the melted chocolate. Dip each in several times until the coating

is as thick as you wish and then lay to dry on waxed paper or a greased pan.

NUT CREAMS

Stir confectioners' sugar into the slightly-beaten white of an egg until you have a mixture you can handle. Add a little cold water or a little cream, working it with the fingers until the mixture is putty-like in consistency. Flavor to taste with vanilla, rose, almond, lemon — what you will — adding more sugar if the flavoring softens the mixture too much. Form into balls with the fingers and press half a walnut kernel on each side of the ball. You can color this pink with a few drops of cochineal. There are French vegetable colorings with which you can tint your fondant or cream any hue you desire.

MARSHMALLOWS

To four ounces of pulverized gum arabic allow a teacupful of cold water and let them stand together for two hours. Put into a double boiler, bring the cold water in the outer kettle to the boiling point slowly and when the gum arabic is dissolved, strain it through coarse muslin. Put it back into the double boiler with a full cupful of

powdered sugar and cook until the mixture is stiff and white, stirring all the while; take from the stove, beat hard for a minute before adding vanilla to taste and then beat hard again, until the flavoring is well blended. Have square tins ready, the insides rubbed thickly with cornstarch and turn the mixture into these. When it is cool cut it into squares with a knife. Make a mixture of cornstarch and powdered sugar, in the proportion of three parts of the cornstarch to one of the sugar, and roll the squares of marshmallow in these. If they are not to be eaten at once put them into a tin box or they will dry out and become tough.

CHOCOLATE MARSHMALLOWS

Proceed as in making marshmallows for the first preparation. After straining the gum arabic and returning it to the double boiler put with the sugar added to it then two tablespoonfuls of grated chocolate. Let this cook for over half an hour and then go on as with plain marshmallows.

XI

Easter Dainties

If one would introduce novelties into the Easter entertainments or functions they must lie in the deliciousness of the cookery, in new designs in favors, and in unusual forms of decoration. New Easter dishes are hard to find. In old or new, the egg plays a prominent part, and, fortunately, it can be employed in making all kinds of toothsome dainties, recipes for some of which are found below.

An Easter function at which one may have many pretty *addenda* is a luncheon and for this what can be prettier and more seasonable than light green and pale gray, or silvery white? A table with these decorations has the centerpiece outlined by a circle of maidenhair ferns. In the middle of the centerpiece stands a slender vase of pussy willow. A half dozen sprigs of these are tied with streamers of wide, pale-green satin ribbon, and at each corner of the table is laid one of these bunches,— one end

of the ribbon hanging over the corner of the table almost to the floor, and the other end hiding under the centerpiece. Here and there on the table may be dainty bits of Easter china, for *bonbons,* salted almonds, etc., while at each place may stand a souvenir in the shape of a *bonbonnière* in some Easter design. All sorts of designs are found for these favors. One looks like a china bell, but when the bell is lifted it discloses a small rabbit rampant. Another is an egg-shaped receptacle, the handle consisting of a china ribbon holding down the pretty heads of three babies bursting from the shell. Others show Japanese maidens, each wrestling with a bird that has just emerged from an egg.

The *bonbons* may be in an egg wheelbarrow propelled by a gnome; olives in two broken eggshells, held by a small Dutch girl sitting between them. Perhaps the daintiest of all these novelties are salted-nut holders, one of which is a Dutch child carrying on each arm an egg-shaped pail, and the other a rabbit bearing a yoke from which hang two egg-shaped holders. One of these may contain salted almonds, the other salted peanuts.

The prettiest dessert for such an affair would be ice-cream eggs in spun sugar. Any good confec-

tioner prepares these. Where this dessert is out of the question substitute blancmange eggs, in a nest of wine jelly and candied orange straws.

Even the Easter breakfast may be a reminder of the glad feast day, and the Easter Sunday night supper characterized by some egg dainty. As at this season the egg is ruler of the feast, the housewife should remember that there are dozens of ways of preparing it,— some time-tried, others rather unusual.

STUFFED EGGS

Boil six eggs for twenty minutes, then throw into cold water to loosen the shells. Peel carefully; cut a bit from each end of the egg so that it will stand upright, then cut the egg in half. Mash the yolks smooth with a little melted butter, finely shredded anchovies, and pepper to taste. Form this mixture into balls, and fit into the halved whites. Stand these on end in a fireproof dish and set in the oven until very hot. Pour a well-seasoned brown sauce about the eggs and serve. This is a very appetizing way of preparing eggs.

EGGS POACHED IN CREAM

Cut rounds of bread, toast and butter them.

Dip quickly in cream and arrange on a platter. In salted boiling cream poach eggs, one at a time, and lay carefully upon the rounds of toast. Set in the oven for a minute, pour the heated cream that is left over all, and sprinkle with salt and white pepper.

RICE AND EGGS

Boil rice, and mix with it a little butter. Put in a pudding dish, sprinkle thickly with grated cheese, and break on top of this as many eggs as will lie side by side. Sprinkle with grated cheese and dot with bits of butter. Bake in the oven until the eggs are set, then serve.

EGGS WITH TOMATO SAUCE

Boil eggs hard, throw into cold water and remove the shells. Cut in half, lengthwise, sprinkle with salt and pepper, lay on a heated dish, and cover with a well-seasoned tomato sauce.

CREAMED EGGS IN NAPPIES

Cook together a tablespoonful of butter and half as much flour, and when they bubble pour upon them a cup of rich milk, or half milk and half cream. Stir to a smooth white sauce, season to

taste and pour into heated nappies. Have the sauce reach a third of the way up the inside of the nappies. Drop an egg in each, put a bit of butter on top, and set in the oven until the white is set. Send at once to the table.

CHEESE AND EGGS

Make a pint of white sauce as directed in the above recipe, and when smooth and thick, stir in six heaping tablespoonfuls of grated cheese. Pour into a deep china-plate, and break on top of this cheese seven eggs. Set in the oven for five minutes, and take out. Garnish with sprigs of water cress and serve at once.

EGGS IN TOAST NESTS

Cut six thick slices of bread, remove the crusts and press a biscuit cutter half through each slice. Take out the round of crumbs, and toast the hollowed slice to a golden brown, then butter. Beat the whites of six eggs very stiff, and fill the "nests" in the toast with this, heaping it high. With a spoon make a hollow place in the middle of each heap of froth and drop the yolk of an egg in this. Put on each yolk a little butter, pepper, and salt, and set in the oven until the white is a delicate brown, then serve on a parsley-garnished dish.

EGG AND CREAM CHEESE SALAD

Boil eggs hard and cut into quarters. With butter paddles make Philadelphia cream cheese into small balls. Line a salad bowl with crisp lettuce leaves, lay the cheese balls and eggs in this, and pour a French dressing over all. Some people think that this salad is improved by having finely-cut celery sprinkled over eggs and cheese.

TUTTI-FRUTTI OMELET

Beat six eggs, whites and yolks separate, then mix lightly together and pour into an omelet pan. Have ready-mixed blanched and chopped almonds or English walnuts, minced citron, candied orange-peel, a few crystalized or Maraschino cherries, a very little minced crystalized ginger, and three or four seeded and chopped raisins. When the omelet is set and ready to fold spread with the mixed fruits, sprinkle with powdered sugar, fold over, sprinkle with more powdered sugar, and transfer to a hot platter. Pour over it, or around it, a hot wine or Maraschino sauce, and eat immediately.

AN EASTER NEST

Make a blancmange with a quart of milk, an ounce of gelatine, and a scant cup of sugar. Di-

vide into three portions, color one brown by the addition of two tablespoonfuls of melted chocolate, the second pink with a little cochineal and leave the other white. For several days in advance egg-shells should have been saved, after the contents to be used in cooking have been emptied through a small hole in the end of the egg. Rinse these out with cold water and fill with the blancmange. Make a good wine jelly, fill a dish two-thirds full of it, lay in the blancmange eggs, when they are firm, breaking the shells from them carefully, pour the rest of the jelly over them, garnish with preserved orange peel, laying it pretty thickly over the top and when ready for the dish, which should be kept in a cold place until then, turn it out on a flat salver or platter.

XII

Uncommon Ways to Cook Common Vegetables

When summer ends the difficulties of the housekeeper in catering for her household begin; that is, of the housekeeper who lives in the country, or who, living in the city, has little money to spend on her table. The woman with a full purse can buy forced vegetables all the year round, the woman who lacks either the money or the opportunity to purchase these must study to devise variety in the ways of preparing what she has.

The supply of winter vegetables is necessarily limited, unless one turns to canned articles. This seems almost an extravagance when the cellar is stocked with carrots, parsnips, turnips, potatoes, beets, onions, and cabbages, with perhaps a small lot of celery, salsify, cauliflower and the like. There are dried vegetables, too, peas, lima beans, and possibly corn, that has been salted down or otherwise preserved. How is one to cook these

so that the eaters shall not weary of the sequence?

The following recipes are designed especially to meet this want. They are neither elaborate nor expensive and deal with what the most moderate housekeeper is likely to have in the house or to be able to secure in the country or the small town. Even the dweller in cities may try some of the dishes with a surety of being satisfied with the results.

STEWED CARROTS

Wash the carrots, scrape off the skin, and cut into bits. Lay in cold water for an hour, then place, still wet, in a double boiler, and stew gently until thoroughly tender. Season with salt and pepper, and turn into a deep dish. Cover with a white sauce.

MASHED CARROTS AND TURNIPS

Prepare the carrots as in the preceding recipe, cover with salted water and boil until tender. Drain and mash very soft with a little butter. Cook turnips and mash them. Beat the two vegetables together to a soft mass, heap in the center of a dish, set in the oven until smoking-hot, and serve.

FRIED TURNIPS

Peel and slice the turnips, and throw into cold water. At the end of half an hour drain and put over the fire in the saucepan with a little salted water. Cook until they begin to get tender, or until a fork pierces them easily. Be careful not to break them; drain and, when cold, pat them dry between the folds of a towel. Dip first in cracker-crumbs, then in beaten egg, then in cracker-crumbs. Lay on a dish in the ice-box for the crust to harden. Fry in butter to a light brown. Serve very hot.

SCALLOPED CELERY

The coarse outer stalks of celery may be used for this dish. Cut into inch lengths, and cover with salted water. Stew until tender. Drain, and keep hot while you make a white sauce by cooking together a tablespoonful each of butter and flour, and when these bubble, pouring upon them a cup of milk. Stir to a smooth white sauce, put the celery into this, and turn into a buttered pudding dish. Dust the top with buttered crumbs, and set in the oven until lightly browned. This is a simple and very palatable dish.

SALSIFY FRITTERS

Scrape the salsify and grate fine. Make a batter of a cup of milk, two beaten eggs, and two tablespoonfuls of flour. Beat hard, then whip in the salsify. Season with salt and pepper, and drop by the spoonful into deep, boiling fat. Fry to a golden-brown.

RICED POTATOES

Boil white potatoes until tender, then mash, adding a little butter as you do so. When very smooth rub through a colander or strainer upon a heated dish, mounding them high upon this. Set in the oven until the apex of the mound begins to brown lightly, then serve.

STUFFED POTATO BOATS

Bake potatoes and cut them with a sharp knife in halves, lengthwise. Scoop out the insides, and mash with a little cream, melted butter and salt and white pepper to taste. Pack this mixture back into the halved cases, laying them in rows on a platter. On the top of each potato "boat" thus made put a great spoonful of meringue made by beating the whites of two eggs very light. Set at

once in the oven and leave there just long enough for the meringue to color at the edges.

BEETS STUFFED WITH LIMA BEANS

Choose the small dried beans and soak all night; in the morning boil until tender in salted water and drain. Boil large red beets of uniform sizes, and, while hot, hold firmly with a cloth and rub off the skins. Set aside until cold, then scoop out the insides. Leave the beans and beets on the ice for several hours before using. Mix the beans with a French dressing, fill the hollowed beets with them, and set each beet on a leaf of lettuce, pouring the French dressing over all. Serve very cold.

LENTILS

Soak the lentils in water overnight. Drain, and cover with salted boiling water. Boil for an hour, drain, and cover with more boiling water and cook until quite soft, but not broken. Drain very dry, melt a heaping tablespoonful of butter in a frying pan, and, when slightly browned, put in an onion cut into tiny bits. Stir for several minutes, then turn in the lentils. Add a tablespoonful of browned flour, and a teaspoonful of vinegar. Cook, stirring to a smooth mass, and serve.

STUFFED CABBAGE

Wash a cabbage, and lay it in salted water for an hour, pulling the leaves apart, but not breaking them off. Then place it in salted boiling water and cook for ten minutes. Drain, and when cold, stand on end and put between the leaves a force-meat made by mixing a cup of chopped roast meat, — beef, mutton or veal,— with half as much fine crumbs, and moistening all with weak stock. Begin this stuffing process at the center of the cabbage, filling all interstices carefully. When the force-meat is all used, press the leaves into place and wrap the cabbage in a strip of cheese cloth. Put carefully into boiling water and boil for a little over an hour. Lay the cabbage on a platter, carefully remove the cheese cloth and pour over the cabbage a good brown sauce.

SAVORY CABBAGE LEAVES

Choose the large firm leaves of a cabbage. In the center of each leaf put a spoonful of minced beef mixed with a little minced ham. Fold the leaf about this mixture and skewer with a tiny toothpick so that it will not come open. Lay all the leaves thus prepared side by side in a baking-pan and pour

a little stock about them. Cover and bake for twenty minutes. With a cake turner lift each leaf carefully from the pan to a heated platter and keep this hot while you add a little strained tomato to the liquor in the pan and thicken it with browned flour. Season to taste and pour over the cabbage-leaves on the dish.

CABBAGE AND CHEESE

Boil the cabbage in two waters, drain and, when cold, chop it. Put a layer of it, well seasoned with salt and pepper, in a buttered bake dish. Pour on this a white sauce, made by cooking together a tablespoonful each of butter and flour until they bubble, mixing with these a cupful of milk and stirring all until thick and well blended. Season with salt and pepper. On the white sauce, when it has been poured over the cabbage, sprinkle a heaping tablespoonful of grated cheese. Put in more cabbage, and repeat the sauce and cheese until the dish is filled, making cheese with a few fine crumbs the last layer. Bake, covered, about half an hour, then uncover and brown.

FRIED CAULIFLOWER

Boil a cauliflower until just done, then drain.

When cold cut into tufts of uniform size. Make a batter of a gill of milk, a beaten egg, two tablespoonfuls of grated cheese, and one or two tablespoonfuls of flour,— or enough to make the batter of the right consistency for frying. Dip each tuft of cauliflower in this batter, turning it over and over to coat thoroughly, then drop in deep boiling lard. As soon as they are light brown in color, remove with a perforated spoon, and lay on brown paper to drain dry. Serve very hot.

CAULIFLOWER BOILED WITH TOMATO SAUCE

Soak a fine cauliflower in cold salt water for an hour, then plunge in salted boiling water and cook for a half hour or until tender. Transfer to a hot dish. Bring the contents of a half can of tomatoes to a boil, cook for a minute, strain, season with onion-juice, salt and pepper, and thicken with a little flour rubbed into a tablespoonful of butter. Stir until smooth. Break the cauliflower into bits of uniform size, put into a deep dish, and pour the tomato sauce over it.

STUFFED ONIONS

Boil until tender, but not broken, large Bermuda

onions. Drain, and when cool enough to handle, take out the centers with a small knife. Chop enough ham to make a cupful, add to it half as much fine crumbs, and mix all to a soft paste with a little cream, and one beaten egg. Season to taste, and put this mixture into the centers of the onions. Put in the top of each onion a bit of butter. Place the onions in a buttered pudding dish and bake slowly until tender all through. Three-quarters of an hour should be time enough. Serve with or without a white sauce.

BROWNED ONIONS

Peel onions and boil until tender. Pack in a buttered pudding dish. Pour melted butter over each onion, then sprinkle very lightly with sugar. This will not affect the taste if used sparingly, and will assist in the browning process. Now cover each onion with fine cracker-dust, and sprinkle this with bits of butter. Set in a quick oven and cook until very brown.

FRIED APPLES AND ONIONS

These form a novel dish, but are delicious if eaten with strips of fried bacon. Do not peel the apples but slice them crosswise, having the slices

a half-inch thick. Have the onions parboiled, and cold. With a sharp knife slice these rather thinner than the apples. Cook slices of bacon crisp in a pan, and remove them to a hot platter. Fry the onions and apples side by side in the bacon-fat, unless there is not enough of this, in which case add a little butter. When brown, put the onions and apples on a hot platter and arrange strips of fried bacon about the edge of the platter. Serve very hot, and as free from grease as possible. To attain this end it is well to lay each one of the fried slices on tissue paper for a minute after taking it from the pan.

PARSNIP BALLS

Boil parsnips and mash them as you would potatoes. To two cups of the mashed parsnips add two tablespoonfuls of melted butter and one egg. Form this mixture into small balls and set in the ice-chest. Leave for two hours, then drop in boiling fat and fry. These are a nice accompaniment to roast or broiled meat.

SWEET POTATO PUFF

Boil sweet potatoes, peel them, and, while hot, mash. Add melted butter and milk until you have

a soft mass, then whip in two well-beaten eggs, and enough cream to make a very soft mixture. Add salt and turn into a buttered pudding dish and bake to a golden-brown. This is delicious.

SAVORY POTATOES

Peel and cut into small cubes eight large potatoes. Boil until tender in salted water, into which you have stirred two stalks of celery, cut up small, and half a minced onion. Drain the potatoes from the water, and stir them into a cup-and-a-half of white sauce, seasoning with salt and pepper. Turn into a buttered pudding-dish and bake to a light brown.

SCALLOPED SWEET POTATOES AND BACON

Parboil and peel sweet potatoes. Chop six slices of cold fried bacon small. Put the sliced potatoes into a bake-dish, sprinkling them, as you proceed, with the minced bacon. Sprinkle the top of the potatoes with buttered crumbs, and pour a cupful of soup stock over all. Bake for three-quarters of an hour.

XIII

Cooking of Dried and Smoked Meats and Fish

Fresh meat is by no means an every-day affair in the country or the village during the winter. The butcher makes his rounds in the more closely settled districts, but his visits are few and far between in the farming regions when the drifts are high. The farmer's family must fall back upon dried and smoked meats and fish, and try to make these so savory that the lack of fresh meat may not be too much felt.

Not for a moment am I advocating meats and fish preserved in this fashion as equal in digestibility or nourishing qualities to the fresh products. But when one can not get what one wants, it is the part of wisdom to make the best of what one has, and there is no sense in taking it for granted that variety is impossible when one must rely upon corned or smoked pork in some of its several forms, and must make salt cod or finnan haddie or herring take the place of fresh fish.

STUFFED CORNED HAM

Soak a corned ham for several hours, putting it into warm (not hot) water to soften a little. At the end of the two hours, remove the bone with a long, sharp knife, and fill the cavity thus left with a stuffing made of bread-crumbs moistened with soup stock or with hot water into which a great spoonful of butter has been stirred. Season with pepper, salt, onion-juice, and a dash of tomato catsup. When the cavity is packed tightly with this mixture, sew a piece of cheese cloth about the ham and put over the fire in cold water. Bring slowly to a boil and cook until done, allowing twenty minutes to each pound of the meat. Let the meat get cold in the liquor, then transfer to a platter, remove the cloth, and cut off the skin carefully. Sprinkle wtih pepper, and serve garnished with parsley.

ROAST HAM

Scrub a smoked ham well and soak all night, then boil according to the foregoing recipe, skin, but do not remove the bone. When thoroughly cold, rub well with cooking sherry and put into a covered roaster. Make a paste of flour and water, and plaster this thickly over the skinned side of the

meat. Put in the bottom of the roaster a sauce made of a gill of sherry, a cup of water, and a tablespoonful of molasses. Cover the roaster, and cook for half an hour, uncovering it half a dozen times to baste with the liquid. At the end of half an hour leave uncovered long enough to brown lightly. Serve hot or cold.

APPLES AND BACON

Wipe off large pippins or other firm apples and slice, but do not peel them. Fry in a pan a dozen thin slices of bacon until crisp, then transfer to a hot platter and keep warm in the open oven while you fry the sliced apples in the bacon fat until lightly browned. Put the apples in the center of the platter, and arrange the slices of bacon around them.

FRIED PORK WITH CREAM SAUCE

Soak salt pork for an hour, then cut into slices. Boil for three minutes in a little water, drain, and wipe dry. Place in a frying-pan and fry until done, but not dried. Transfer to a hot dish, and thicken the grease left in the pan with a tablespoonful of flour. Stir until you have a smooth paste, then pour on slowly a cup of cream to which a

pinch of baking soda has been added, and stir to a smooth white sauce. Season with a dash of pepper, and pour over the sliced pork. Serve very hot.

SAUSAGE AND POTATO ROLL, BAKED

Fry sausage until done, then chop fine. Boil and mash six potatoes, beating out all lumps; add a cup of milk, a teaspoonful of melted butter, and enough salted flour to make a dough. Put upon a floured pastry board, roll into a sheet, and place the sausage-meat in the center of the sheet. Roll the dough up with the meat in the center, as one would prepare a roly-poly pudding. Put in a baking-pan brush with melted butter, and bake. Serve as soon as done.

PORK AND BEANS WITH TOMATO SAUCE

Soak a pint of beans all night in water that is warm when poured over them. In the morning boil until tender. Chop half a pound of parboiled salt pork very fine. Make a tomato sauce by stirring into a cup of tomato liquor from canned or fresh tomatoes a tablespoonful of butter rolled in one of flour, and, when this is thick, seasoning well

with sugar and salt, and with onion-juice and pepper to taste.

In the bottom of a deep baking dish put a layer of the minced pork, then a thick layer of the beans, and over these pour a little tomato sauce. Put in more pork, more beans and more sauce, and proceed in this way until the dish is full. Sprinkle the top of the mixture with very finely minced salt pork. Add enough tomato-juice, poured in carefully, to prevent the contents becoming dry. Bake, covered closely, for two and one-half hours, then uncover and brown.

SALT PORK PIE

Soak a half pound of salt pork all night. In the morning boil until done, putting in the cold water which is poured over it a sliced onion and two sliced turnips. Simmer until the onion is a soft pulp and the turnips are very tender. Take out the pork and cut into small dice, and strain out the onion and turnips. Put a layer of the pork in a deep dish, cover with a layer of sliced boiled potatoes, sprinkle these with bits of butter, and with a little flour and salt and pepper to taste, then put in the sliced turnips. Add enough of the liquor in which the

pork was boiled to fill the dish. Cover with a light pastry and bake to a golden-brown.

BARBECUED HAM

Fry slices of boiled ham until done to the desired crispness, then keep hot while you add to the fat in the pan a teaspoonful of made mustard, a teaspoonful of sugar, a wineglassful of vinegar and a dash of pepper. Boil up and pour over the ham.

SCALLOP OF CORNED BEEF AND CABBAGE

Chop fine enough cold corned beef to make a pint. Chop an equal quantity of boiled cabbage. Cook together a tablespoonful of butter and one of flour and pour upon them a cup of tomato liquor. Stir to a smooth sauce, and season with a half-teaspoonful of onion-juice, a little kitchen bouquet, and a dash of pepper. Mix the cabbage and the corned beef together, and stir the tomato sauce thoroughly into them. Turn into a buttered pudding-dish, and sprinkle with buttered crumbs. Set in the oven, covered, for fifteen minutes, then uncover and brown. Serve very hot.

FISH BALLS

Soak salt codfish overnight in cold water. Drain

and put over the fire in cold water, and bring slowly to a boil. Cook, changing the water once for fresh hot water, for half an hour. Mash to a cream half as much potato as you have fish, with a tablespoonful of melted butter and one of cream. Mix in a double boiler over the fire, that the mixture may get very hot. Whip in gradually a well-beaten egg, and beat hard for several minutes. Set aside until cool, form into balls, and set on ice for an hour at least before frying to a golden-brown in deep fat. Drain in a heated colander. These are very good, and much more delicate than the traditional "cod-fish ball."

CREAMED CODFISH

Soak and boil the cod as directed in the foregoing recipe, and flake to small bits with a silver fork. Cook together a tablespoonful of butter with one of flour, and pour upon them a cup of milk. Season with salt and pepper, and beat in, gradually, the fish. Stir over the fire until heated through, then serve on a platter and surround the mound of fish with triangles of toast.

BROILED SALT MACKEREL

Soak the mackerel and wash well. Put over the

fire in cold water and bring to a boil; then change the water for fresh, which should be boiling when poured on. At the end of twenty minutes drain the fish, and lay in a mixture of two parts salad oil and one part vinegar or lemon-juice. Leave for ten minutes, then broil over a clear fire. Serve with a white sauce.

FINNAN HADDIE

This may be cooked according to the recipe for broiled salt mackerel.

SCALLOPED CODFISH AND POTATOES

Mash enough potatoes to make a pint; soak, boil and flake a pint of codfish. Make a white sauce, and stir into a pint of this a cup of grated cheese. Put a layer of the fish in a pudding dish, or in small individual nappies, cover with a stratum of mashed potatoes, and pour some of the white sauce over this. Put in another layer of codfish, and another of the potatoes, then more white sauce until the dish is full. Strew grated cheese over the top layer, which should be the cream sauce, and bake for fifteen minutes, or until very hot.

XIV

Hot Weather Suggestions

It is much easier to keep good-natured in cold weather than in hot. One may be uncomfortable in cold weather, but there is seldom the active irritability present that there is when the thermometer begins to soar. Sometimes it seems as if one's fortitude and powers of endurance and self-control had exuded with the perspiration, or as if they were of those chemical compounds which evaporate and disappear with a high degree of heat.

This would not be so bad if the capability for vigorous expression were to vanish with them; but whereas the cold may have the effect of numbing and checking the flow of eloquence, hot weather seems to encourage an outpouring of language. The woman who will attain a state of deadly quiet in a zero temperature will express herself only too freely when the nineties are reached.

I don't wish to condemn such persons. My heart opens with unfeigned sympathy to those who detest hot weather and whose tempers show this detesta-

tion by putting forth thorns. The cold blasts of winter may not tend to amiability, but, compared with the torrid breath of summer, they are as nothing in the way of provocation of plain, old-fashioned crossness. All the beauties of the green things "agrowing and ablowing" can not make up to some of us for the agonies of the heated term.

Since there has yet been no practical discovery made by which the temperature may be lowered to suit the tastes of the heat-haters, the only thing that one who suffers from the excessive warmth can do is to make an attempt to keep the temper, at least, in cold storage. It doesn't sound like an easy feat, perhaps — though it sounds easier than it is. Yet this, or something like it, is the only means by which one may render life tolerable to herself and to those about her during the dog days.

In the first place, don't begin to lose your temper. Avoid occasions of provocation. Stop arguments. Don't put yourself into a position where you will be subject to irritation. There is neither rhyme nor reason in pleading "Lead us not into temptation," and then putting a leading rope into the possession of a person or of a set of circumstances!

The housekeeper should make an especial study

of hot-weather tactics. She should resolve to take life coolly and not to do so much for her family that she will be worn out and make them more uncomfortable by her depression or crossness than she has made them comfortable by her good cookery. The much bepraised, much bejeered simple life should be followed as far as possible. "Fussy" dressing should be abjured. All living should be done on the most agreeable plan.

I know this is against the principle,— and, alas! against the practice,— of our Puritan ancestors and of too many of their descendants. But bear in mind that, while it may be well enough to seek troubles when you think life is too pleasant, you will have no need of going in search of annoyance during the hot weather. The summer insects, the summer heat and the summer dust will provide you with a fine assortment of trials while you wait. You need not go out of your way to look for them.

This may seem like rank nonsense to the summer worshipers, who are never happier than when the mercury starts on a steady climb. How we others envy them! But let me say to those thrice-fortunate souls — and bodies: — Have patience with those who are less lucky! You may not be able to

understand the peculiarly trying experience of wilted collars, stringy, curlless hair, shining and moist face, and perspiring body, but at least try to appreciate what the effect of these must be upon the sufferers. Make allowances for their irritability in hot weather. Remove from them, as far as you can, occasions of offense. Aid them to convert the hot-weather temper into something less terrifying than it is in many cases. Be indulgent to them and help them to keep cool by encouraging them to be indulgent with themselves.

If you are a housekeeper seek means for keeping the members of your family comfortable in the summer.

Make your food simple. Try to establish for your table a different standard than that of heavy plenty. The merest tyro in dietetics knows that meat and fats are not essential to the system during the heated term. Most people understand, too, that less food is needed when the mercury is in the nineties than when it is hovering about the freezing mark.

Don't overwork your digestion when it is so hot that you spare the rest of your physical mechanism as much hard labor as possible; and when you fill

your stomach give it something it can take care of easily. The very indications of the season are so many finger posts telling what food is convenient for us at this time of year. Now is the day and the hour of fruits and vegetables. Never are they so plentiful, so cheap, or so good as in midsummer,—and this is an exception to the general rule that makes things cheap and nasty or delicious and costly.

So, eat vegetables. I do not advise you to turn vegetarian, for we are, as a rule, carnivorous enough to crave a bit of meat for a relish, if no more. For the benefit of those who think work can not be accomplished except upon a meat diet, no matter what the season, I will repeat the statement of an expert in dietetics, who informed me, a good deal to my discomfiture, that one can work longer without getting hungry on a meal of vegetables than on one of flesh. The latter is rapidly digested, but a meal of vegetables is said to stay by the eater for six hours. I dare say its abiding power varies with the rapidity or slowness of the individual eater's digestive processes, but the mere fact that it will linger by anyone for that space of time is encouraging to those who offer vegetables to their families in hot weather. There is relief in the thought that one can supply craving na-

ture and cut down the butcher's bills with the same action.

Cook your vegetables carefully, as a matter of course. Don't serve them watery and overdone. Give a little attention to them and don't think that anyone can cook vegetables. Anyone can't! There is as much difference between vegetables well cooked and poorly cooked as between steak or pastry under similar conditions. It is worth while to add that well-served vegetables demand so much butter in their dressing that no one need be afraid of not receiving a sufficient proportion of fat in a vegetable diet.

Study simplicity in the make-up of your meals. Summer is not the season for long sessions at table and for heavy course meals once you are there. Have fruit a-plenty at breakfast,— berries, peaches, pears, plums, and, above all, melons, which are the best of breakfast fruits. Have a cereal and omit meat altogether. Dwell lightly upon it at the later meals. Use salads freely, and more fruit, as well as the vegetables. I know of one family where a regular dinner is abjured in summer, and in its place are offered a substantial lunch at noon, and a heavy supper at night. The plan may be worth trying.

XV

Hot Weather Recipes

ICED AND JELLIED CHICKEN BOUILLON

Cover a large jointed fowl with cold water. Set at the side of the range where it will come slowly to a boil, and simmer steadily for four hours. At the end of that time, take from the fire, season with celery salt, onion juice, and white pepper and set away to get very cold. Skim off all fat, and strain out the bones and meat, and return to the fire with a quarter-box of gelatine that has soaked for an hour in a gill of cold water. As soon as the gelatine is thoroughly dissolved, take the soup from the fire, strain through a flannel jelly bag, and set aside to get cool. When cold, put in the ice chest. Serve this jellied bouillon in chilled cups, laying a sprig of parsley on each cup. Bouillon prepared and served in this way is nourishing and palatable without being heating.

ICED CLAM AND CHICKEN BOUILLON

This is a pleasant variation of the above recipe.

After carefully washing the shells of a dozen hard-shelled clams, lay them in a stewpan, add a half gill of scalding water, cover closely, and set at the side of the range until the shells are wide open and the clam juice flows freely. Strain this off, boil up once, set aside until cold, and strain through cheese cloth. Set in the ice until very cold. Have ready iced chicken bouillon made according to the foregoing recipe, omitting the gelatine. Stir the clam juice into this, season to taste, and serve in chilled cups with a heaping tablespoonful of whipped cream on the surface of each cup.

CREAMED AND WHIPPED CODFISH

Flake into tiny bits enough cold boiled cod to make two cupfuls of the fish. For this amount allow two cups of rich milk and one cup of cream. Heat the milk and stir the fish gradually into it. Bring to the scalding point, and whip in a heaping tablespoonful of butter rubbed into one of flour. Beat steadily until the fish becomes very thick, then put in the cream, to which has been added a pinch of baking soda. Stir until the boiling point is again reached, take from the fire and whip hard for a minute before pouring on rounds of heated toast

from which the crust has been pared. Lay a slice of hard-boiled egg on top of each mound of the creamed fish. This is a delicious dish.

LOBSTER OR CHICKEN SOUFFLE

Into two cups of finely minced boiled salmon or lobster, stir the whipped yolks of four eggs, a cup of cream, and a teaspoonful of melted butter. Add a dash of cayenne, salt to taste, and flavor with a little lemon-juice. Beat hard for five minutes. Have ready stiffened the whites of the eggs, fold these in lightly and quickly, pour all into a buttered pudding-dish and bake for half an hour in a steady oven. Serve at once.

BROILED SARDINES

Select large, firm sardines for this dish. Drain off the oil. Place the sardines on an oyster-broiler and cook over a clear fire just long enough to heat them through. Lay each sardine on a long and narrow strip of toast that has been spread with anchovy paste.

CHEESE, RICE AND EGGS

Into a pint of rice, boiled so that every grain stands separate, beat five eggs. Cook, stirring, for

three minutes. Whip to a light mass, season to taste, turn into a hot dish and pour a white sauce made thick with grated cheese over the mixture.

GREEN CORN OMELET

Grate the kernels from six ears of boiled corn. Heat in a saucepan with a gill of milk and two tablespoonfuls of melted butter. Take from the fire and set aside to cool. When cold, beat into the corn mixture the whipped yolks of five eggs, salt and pepper to taste, and turn into a heated and greased omelet pan, folding in the stiffened whites just before doing this. Cook until set, then double over and serve.

FRIED TOMATOES

Wipe, but do not peel, large tomatoes. Cut into thick slices with a very sharp knife, sprinkle with salt and pepper, dip in egg and then in cracker-dust, and set in the ice chest for an hour before frying in hissing butter.

STUFFED AND BAKED TOMATOES

Cut a slice off the stem end of large firm tomatoes. Scoop out the inside, leaving a thick wall of the tomato. Mix the pulp with half a green pep-

per, chopped fine, a tablespoonful of rice, and salt and pepper to taste. Return this mixture to the tomatoes, and place a thick bit of cheese on the top of the tomato. Bake until tender. The cheese melting and running down into the tomato-mixture imparts a delicious flavor.

ANCHOVY AND TOMATO TOAST

Toast slices of bread, spread thickly with anchovy paste or with minced anchovies. Place on a hot dish and pour a well-seasoned tomato sauce over all.

BAKED EGGPLANT

Boil an eggplant for fifteen minutes, drain, and when cold, cut into halves, lengthwise, and scoop out the insides. Chop the pulp and mix with it an equal quantity of cold minced chicken, veal, or ham, a handful of bread-crumbs, salt, pepper, celery salt and lemon-juice to taste, and a generous spoonful of melted butter. Mix thoroughly, return to the halved vegetable, and cover the top with browned crumbs. Put into a baking-pan, pour in seasoned stock deep enough to come one-fourth up the side of the eggplant, and bake for nearly an hour, basting frequently. Transfer to a hot dish, add onion-

juice, salt and pepper to the sauce in the pan, thicken with a brown *roux*, and pour about the eggplant.

BAKED CUCUMBERS

Wipe off large cucumbers, and split them from end to end. Take out the pulp from the centers, not stopping to reject the seeds. Put the pulp into a chopping bowl and add half a tomato, one-half a green pepper and seasoning to taste. Chop all very fine, add a tablespoonful of buttered crumbs, and a little melted butter. Return this mixture to the cucumbers, place a bit of butter on the rounded top of each, and bake for an hour. Serve, if you wish, with melted butter sauce.

EGG AND ANCHOVY SALAD

Remove the skin from six anchovies. Peel and cut into halves six hard-boiled eggs. Rub the anchovies to a paste with a little butter, and add the yolks of the eggs. Season to taste, adding butter or salad oil until you have a smooth, soft mass. Roll this mixture into balls the size of egg-yolks and replace these in the halved whites. Stand these on end, heaping the anchovy mixture on them. Place in a bed of crisp lettuce and serve with a mayonnaise dressing.

MIXED SALAD

Mix together a quarter cup of boiled and peeled potatoes, cut into dice a quarter cup of turnips, prepared in the same way, the same quantity of boiled beets and celery, cut into small bits of uniform size, and a half-cup of cold boiled peas and a half-cup of string beans, cut into quarter-inch lengths. Stir well together, add six stoned and chopped olives, three small pickles, minced, and stir in a good French dressing. Line a salad bowl with lettuce and heap this mixture in the center.

TOMATO AND CRESS SALAD

Wipe large tomatoes and scoop out the insides. To three parts of this pulp add one part of chopped green peppers, from which all seeds and white membrane have been removed, and two parts of water cress that has been quickly broken, not chopped, into tiny bits. Return this mixture to the tomato shells, stand each tomato on a leaf of lettuce, and pour a great spoonful of mayonnaise over each. In the top of each tomato stick a sprig of water cress.

ORANGE AND BANANA SALAD

Those who are fond of the sweet fruit salad now

so popular will like the following combination: Peel and slice four oranges and three bananas. Place in a chilled bowl in alternate layers, and pour over them a dressing made of a wineglassful of sherry, two tablespoonfuls of Maraschino, three tablespoonfuls of powdered sugar, and, if it is wished, a little lemon-juice. Decorate the dish with Maraschino cherries. Serve at once.

PEACH WHIP

Soak a half-box of gelatine in a gill of cold water, then cover with a cup of boiling water. Rub a pint of stewed peaches through a sieve, and add the liquor or syrup in which they were cooked. Stir this into the dissolved gelatine, and flavor to taste with lemon-juice. Set in the ice chest until thoroughly cold. As it begins to stiffen beat in the whipped whites of three eggs. When you have a thick mass, turn into a mold wet with cold water, and set in the ice until wanted. Serve with whipped cream. This dessert may also be made of apricots or any other stewed fruit.

XVI

System in Housekeeping

This is the day of housekeeping made easy. The old-fashioned housekeeper gasps with wonder when she goes through a modern house-furnishing shop. Everything seems to have been done to simplify and adorn the work of keeping house, and a mere man, or a woman lacking in experience, might think the life of a home maker should be nothing but a round of gayety and pleasure.

Yet with all this there seem to be no more hours in a day than there were before so many of the fairy tales of inventions were realized. There are still hordes of women who do nothing but keep house and never finish with that. Sometimes there appear to be even more of them than in the days before cookery by gas or electricity was heard of, when meat-choppers, egg-beaters, cream-churns, and all the other labor-savers were unknown. Still is there an endless succession of tasks placed before woman, and still she makes her plaint that while

men's work may end with set of sun, a woman's work is never done.

It is very easy to declare what must be the fault — to lay it to over-elaborateness of living, to an eagerness to keep up with one's neighbors and to get ahead of them, to raise a cry for enforcing simplicity of life and discarding draperies, bric-à-brac, course dinners, and afternoon tea. We all attempt too much,— there is no doubt of that. Our desires are larger than our abilities in most directions. And yet, my own impression is that much of the hurried and harassed character of the housekeeper's life is due to the lack of system in planning work and executing it.

There is nothing new in this suggestion. But like a good many old truths, it will stand repetition. I do not intend to weaken the suggestion by declaring housekeeping to be an exact science. No women that have ever kept house would believe me. They know better. The Prayer-book phrase, "Changes and chances of this mortal life," might have been framed to apply to housekeeping. The only other avocation that can compare with it is that of the farmer, who must be dependent upon the elements for the success of his harvest as much

as upon the work he puts into it. He, too, may do his utmost and have little to show for it.

One great objection to considering housekeeping as a science is that in it so much allowance has to be made for the human equation. Sometimes one has to allow for two or three of them. When a woman does all her own work she has to make provision only for her own physical and mental wear and tear — and those of her family,— but when she has to employ maids the situation becomes complicated.

In spite of all the checks and disasters that are almost bound to occur in every household sooner or later, I still hold firmly to the faith that system, more than anything else, will come nearest to solving the difficulties. Housekeeping cannot be conducted to advantage on a hit-or-miss plan. "Let us not anticipate" may be an admirable motto so far as most of life's trials are concerned, but it does not serve when one comes to housekeeping. That is a section of existence in which intelligent planning and fulfillment count for much.

The majority of American wives keep their own houses — when they do not board. A hired housekeeper is an exception. The wife must have the

ends of all the threads in her hands, and must know where each one leads.

There is little use in trying to lay down a stated outline for keeping house. Each housekeeper must work out her own salvation in the domestic line. Now and then one meets a woman who was born systematic, but many more have achieved system. It is really not so difficult a business, after all, when one goes about it in the right fashion.

One of the first things for the woman struggling for system to do is to try to get the work of her house in perspective. This is not easy. It is a truism that women are lacking in a sense of proportion, and it is not a simple matter for one of them to get herself mentally far enough from her work to decide the relative importance of each item. But she must do it, if she is to develop her system of work in the right way. She should mentally range her duties in order, and divide them into what must be done and what may be done if circumstances permit. The first list will be long enough, but the second will exceed it. The chief trouble with housekeepers is that they get the items of the two lists mingled and confused.

For instance: washing and ironing and baking

and sweeping and scrubbing *must* be done. Entertaining and making fresh curtains and trying a new kind of cake or salad *may* be done. The first cannot be crowded out, except in extreme cases. The second may be postponed, if necessary, without imperiling the health and happiness of any member of the family.

After the two sets of duties are tabulated with tolerable correctness, comes the planning as to how and when they shall be done. This is pleasanter work than the first, but it takes a good deal of thought.

Our duties must dovetail and fit into each other. Certain things must be done early or they will be an annoyance to us all day. Of these are dusting, dish-washing, bed-making, and all the other necessary straightening and putting to rights of the house. To go at other work while these tasks are undone is sure to make confusion. Yet in how many homes do you see just this fault? The dishes are left standing while some piece of fancy cooking is undertaken, and I have even known homes where the beds stood unmade while the mistress of the house sat calmly down with a bit of sewing which could just as well have waited until later. I do not

deny that there is a certain agreeable sense of luxury and dissipation in doing this sort of thing — just as there is in settling yourself to finish a thrilling story or dip into a new magazine while there is work waiting for you. But we are not talking of what brings passing enjoyment, but of the true comfort that follows the practice of system. It is fun to do the untimely things that are easy and pleasant, but it is most tiresome to turn about afterwards and dispose of the hard things.

The system that the housekeeper tries to practice herself she should insist on with her servants. They do not always take kindly to it, and very often life is a good deal of a grind until they have been drilled into the habits of the house. The line upon line and precept upon precept principle must be followed and the maid told daily, if needful, that she must brush down the stairs, sweep out the halls, dust this room or that, clean the bath-room, wash the dishes, and do the bedroom work in a certain fixed sequence. To keep her in this, the mistress must be rigorous with herself and go to the kitchen to inspect supplies and to give her orders at a stated time each day.

Orderliness is a part of this same system. The

rule of "a place for everything and everything in its place" must be enforced. The maid must keep her kitchen cupboards in as good order as her china-closets, and if she does, in a little while she will become so familiar with the location of each utensil and each piece of china or glass that she could find it in the dark. There should be no liberty allowed of keeping a thing in one place at one time and in another some other time. This may seem a trifle, but all these trifles do their part in creating an orderly and systematic habit of mind. Do not permit the maid to leave the dishes standing around after they have been washed, but teach her that it is as essential to put these away as soon as they are clean as it is for her to wash her dish towels and hang them out to dry once a day or to keep the sink spotless and odorless.

Try to cultivate system in your maid in other ways. Impress it upon her that she must let you know as soon as the supply of any article is exhausted, and not wait till there is need for it again before she discloses to you the fact that it is wanted. To help her in this hang in your kitchen a small pad of paper and a pencil, and instruct her that as soon as she uses the last of any provision she is to

write the name of this on the slip, that it may serve as a memorandum when you go to market.

If the maid's memory is poor, encourage her to make notes of the items of the work she has to perform. In a way, this may not develop her memory so well as charging her mind with the details, but there are many of us whose remembrances need a crutch now and then. One of the most competent and systematic housekeepers I know makes out her bills of fare for a week in advance, writes them down and pins up the list in the kitchen pantry to serve as a reference both for herself and for the maid. This does not commend itself to me especially, in spite of my respect for the judgment of this systematic friend. My own experience has been that any plan for meals is modified greatly by circumstances. One cannot always know how much will be eaten of this or that, what will be left over and may be used to supplement other provisions. Still the plan is worthy of consideration.

There is an acknowledged system in the days and seasons for performing certain duties. The first two days of the week are for laundry work, some sweeping is done on Wednesday, Thursday is usually the maid's afternoon out, and the morning

may be given to cleaning the silver and brasses. Friday there is more sweeping to be done, and perhaps washing of windows, while Saturday is given over to finishing off undone cleaning and making the house and the larder ready for Sunday. All or any of these regulations the housekeeper may follow or modify to suit her own convenience. The only inevitable thing is that she must determine upon some special routine of work, and having adopted it, stick to it, unless there is some excellent reason for changing.

I am not trying to put housekeepers into a treadmill or fit them in a machine from which they cannot escape. I hold very strongly that the woman should keep the house, and not the house the woman. Yet I think that the practice of system, and a pretty strict system, too, tends to make the care of the house far less of a burden and exaction than the happy-go-lucky, go-as-you-please plan — or lack of plan — when the only thing that seems to be sure is that much will be left undone until just the time when one least wants to do it.

Once started in the path of system, the housekeeper will find that her facility in simplifying and classifying work grows. She will discover new

ways and means for making her work scientific and orderly and for saving time. The planning ahead is a great thing. The thrifty housekeeper does not wait until she actually needs something before she secures it, but sees that her life-boats and life-preservers are in good working order while the fine weather holds.

A forehanded housekeeper learns to make provision for emergencies. She carries into other lines of housekeeping the principle of the old woman who, when she lay dying, beckoned her daughter to her and, as the mourner bent above her for a parting message, whispered with her last breath, "Always keep hot water in the kettle." (I wonder what she would have said if she had known a gas-stove!) The housekeeper with foresight is not taken by surprise when emergencies present themselves. Perhaps she is like a clever woman I have heard of who keeps an "emergency cupboard." She lives at some distance from shops and she has a cupboard stored with dainties that are never to be used except in an emergency. Sardines are here, and potted chicken and biscuits of various sorts, and a jar or two of jelly and jam and good preserves, and a small pot of cheese, and other things

that will help to make out a meal in case of unexpected guests. As soon as one of the articles has been used it is immediately replaced, and the closet is never invaded except for a real emergency. That is a systematic woman!

Or the housekeeper of this type may show her system in another way. She may plan her work so as to do in odd moments the task that otherwise she would have to set aside for a special season. Such a woman takes advantage of a cool morning when work is light to go into her kitchen and prepare dainties that may be required at a future time. She conducts her housekeeping on the plan that was followed by Nicholas Nickleby when "he distended his stomach with a bowl of porridge — not that he needed it now, but that he thought he might need it later when he couldn't get it." So the housekeeper makes pastry on Wednesday that she may not need until pie-making time on Saturday, and puts it away on the ice. Or she prepares mayonnaise for a near future. She always has fondant for icing on hand, and jars of white *roux* and brown *roux,* so that she does not have to bother with measuring out her butter and flour when she is in a hurry for a white or brown sauce. She

makes *maître d'hôtel* butter, too, in advance, and glaze, and lemon honey for filling layer cakes, and caramel for coloring soups and gravies, and all the other little adjuncts of delicate cookery. It would be a good deal of an undertaking to give a couple of days to the compounding of all these, but by her system she is able to fit in half an hour there and fifteen minutes somewhere else and thus see that her larder is always kept supplied with these articles. Yet she never misses the time she gives to the work.

One woman I know puts up most of her jelly in this way. She does her own work, and while she is getting the breakfast she will slice a few apples and put them over the fire, or start to simmering at the side of the stove a small amount of grapes or berries, or whatever fruit is in season. By the time she has eaten her breakfast and done her dishes the fruit is ready to be put in the jelly-press and she returns the juice to the fire, brings it to a boil, adds the sugar, and has the jelly in the glasses before the morning is much more than fairly begun. She does not make more than two or three or four glasses at a time. Sometimes it is only a single glass made from fruit that is left

over from a meal, which will not keep until the next day. But little by little she does it, and by the end of the fruit season she has a good array of jams and jellies on her pantry shelves, and they have all come there a few at a time.

This same kind of system enables its possessor to spare herself in a multitude of ways. If she is to have company for dinner she plans the meal so that she can make many of the preparations early in the day and allow herself to rest in the afternoon and come fresh to the table. There are always things that cannot be done until the last moment, but that is all the more reason for getting the others out of the way betimes. We have heard of that dinner at which the first course was "hot hostess," and many of us have been at such functions. There is a different kind of an appetizer at the dinner of the systematic housekeeper.

One does not achieve a perfect method in a moment, and as I have said before, there is always the personal equation to be reckoned with. Maids will fall sick or lose relatives or become recalcitrant. Accidents will occur now and then. But with system even these tribulations may be reduced to a negligible quantity. Possibly not the least

valuable part of system is the effect it has upon its possessor in the way of enabling her to keep a calmness of spirit and a control of nerves in the face of contretemps.

XVII

Home-made Aids to Housekeeping

The chapter upon "Systematizing the Housekeeping" mentions a number of articles the housekeeper may prepare in odd moments. It is one thing to read over a list of such things; it is quite another to know how to prepare them. The average housekeeper is the possessor of one, possibly two, or even three cook-books. To these she flies when the unfamiliar dish is prescribed. If she fails to find it in one of these volumes, she is absolutely at a loss. For most women have not yet formed the habit of going to a reference library to hunt up this or that unusual recipe from the cook-books marshaled there.

The most up-to-date cook-books contain many of the small foreign adjuncts to cookery that are so essential to the housewife who desires to set on small means a "dressy table," as I once heard a woman call it. The adjective did not apply to the

literal table, but to the menu that included *entrées* and made dishes. For the proper compounding of these the housekeeper must have a store of condiments in her pantry — not only the articles she buys at the fancy grocery, but those she can make herself in the odd moments above referred to. They are real labor and time-savers in the end, and if she prepares them one or two at a time, she never misses the minutes she puts into them — and it costs far less to make them than to buy them.

Prominent among the aids to housekeeping come the white and the brown *roux*.

To make the first of these, which is more popularly known as "white thickening," melt together half a pound each of butter and flour in a porcelain-lined saucepan, stirring them constantly to prevent scorching. As soon as the mixture is hot through, and well blended — as it will be if the stirring is unremitting,— pack it into small jars; cover these to keep out the dust and set in a cool place. Jelly-glasses with tops are excellent to keep it in. When you wish a white sauce, all you have to do is to take two tablespoonfuls of this *roux*, put it into a half-pint of milk over the fire, and stir until the sauce is the consistency of double

cream. Season with salt and white pepper. To make it a little richer stir in a tablespoonful of butter just before the sauce goes to table.

A brown *roux* is made with the same proportions of butter and flour, but the mixture is stirred until it is of a bright brown. It is then put away as the white *roux* has been. This *roux*, or "brown thickening," is used as the white *roux* would be, except that it is dissolved in a half-pint of broth or of meat stock, instead of in milk. Suitable seasonings, such as onion-juice, catsup, and the like, can be added to taste.

Sometimes the gravy made in this fashion is not the rich brown one desires. To produce this color it is well to have a little caramel coloring at hand. To prepare it put in a small granite saucepan over the fire three tablespoonfuls of water with six of granulated sugar. Boil them quickly for ten minutes. At the end of this time the compound will become yellow, and then go to brown and black. When it is very black and looks like molasses, pour into it two-thirds of a cup of boiling water and stir until it is dissolved. There will be more or less sputtering at first, but when this has quieted down let the mixture boil to a syrup, and bottle it. A

few drops of this will color a gravy a shade of deep brown, and the caramel will keep for any length of time. Because of the sputter and smell of burnt sugar it is well to make it when company is not immediately expected.

Tomato paste is another good thing to have in the house, and may be made when tomatoes are plenty. Half a peck of tomatoes, a carrot, and an onion may be sliced together, and to them is added a good-sized bunch of celery cut into pieces, leaves as well as stalks. Boil all very slowly until they are a soft paste that can be put through a vegetable-press. Return this pulp to the fire with a tablespoonful of salt and a teaspoonful of black pepper, and cook slowly once more until a little spread to cool in a saucer thickens to a jelly. Spread it out on pie-plates in layers about half an inch thick and let it dry in the sun or in a cool oven. When it is dry it may be packed in boxes or wide-mouthed jars. To use, cook together a tablespoonful each of butter and flour until they bubble, pour half a pint of water upon them, with a piece of the paste about three inches square, and stir until the sauce is thick and smooth. Or make the sauce with the *roux,* as described above, and add the to-

mato paste to it. A little seasoning may be required.

Celery vinegar is often useful for sauces. Put half a pound of celery seed and a teaspoonful of salt into a pint of good vinegar, bottle, and cork the bottle, and let it stand for about a month. At the end of that time the vinegar may be poured off and will be ready for use.

Bread crumbs are often prepared in advance, by grating stale bread and packing the crumbs away in jars. But not every one knows that bread may be cut into dice or into small fancy shapes for soup, dried slowly in a cool oven, and if put away in a tightly closed jar or tin box, will keep for a month in cool weather.

The housekeeper who has a kitchen garden — and I have known of women who conducted a quite successful herb-garden in a box on a window-sill — need not be dependent upon the put-up herbs for seasoning. The herbs she raises are much more pungent if she will dry them, and when thoroughly dry crumble them up and pack them in air-tight receptacles. Fresh mint may be put away to dry when it is plentiful, and if kept in a closed glass jar will serve as well as the fresh mint when

this is out of the market or is sold at out-of-season prices.

Maître d'hôtel butter is an excellent stand-by for the housekeeper who wishes a sauce in a hurry. For this a half-pound of good butter is needed, a tablespoonful of fresh parsley, chopped, a small tablespoonful of lemon-juice, and a little salt and white pepper. All are mixed together and then packed into a jar. The jars in which Dundee marmalade comes are good for this, as well as for the *roux,* because of their wide tops. This butter is a delicious addition to fish of any kind, to potatoes boiled and served whole or sliced, to stewed potatoes. A tablespoonful of it may be put upon any of these or upon a steak. If the same quantity is put with an equal quantity of flour and stirred into a cup of hot milk or hot water, it makes an excellent sauce. A pretty way to serve it with fish is to pack it into halved lemon rinds from which the pulp has been scooped out. These are laid about the dish of fish and serve as a garnish. One is given with each portion of fish.

For the benefit of those who are fond of good gravies and do not always have stock in the house, it is well to prepare a supply of glaze. This is a

little troublesome, but it is cheaper in the end than any good meat extract. Four pounds of leg of beef and three pounds of knuckle of veal will be demanded to make a good stock. Cut the meat in pieces about the size of an egg and put with them half a pound of ham, cut up small. Take a large pot or preserving-kettle, which will hold at least two gallons, rub the bottom of it with a half cup of butter, and then put in the meat with one cupful of water, a small head of celery, a carrot, a turnip, and a couple of onions. Set the pot over a hot fire and stir for a while. When the bottom of the pot is covered with a thick glaze which sticks to the spoon, fill it up with cold water and bring this to a boil. After this point is reached move the pot over a slow flame, if you are cooking with gas; to the back of the stove, if you burn coal. It should simmer very slowly for about five hours, the scum that comes to the top being removed with a spoon.

There is now in the pot an excellent stock, but it must be still further reduced for glaze. The liquor must be poured from the meat and strained, and the meat again covered with water. It should be *hot* this time, and must boil five hours longer. At the end of that time the first and the second

stock may be strained together into a clean pot, and boiled hard until reduced to three pints. It should be stirred once in a while and skimmed. Take it off once more, put it into another pot, and boil down to a quart, cooking slowly now. When this point is reached boil it more quickly again, stirring it steadily until it begins to thicken and turn yellow-brown. Watch that it does not scorch. Reduce to a pint. The glaze thus made may be kept in jars for use. A little of it added to a cup of boiling water and seasoned makes a gravy, a larger portion dissolved in hot water and thickened with rice or sago or vermicelli makes a good broth. As I have said — and shown,— it is troublesome to prepare, but it is a comfort when it is done. It will keep almost indefinitely.

Fondant for icing cakes or for home-made French candies will also keep indefinitely, and is little trouble to make, beyond the vigilance it requires, and care in noting the exact stages of the cooking.

Into a porcelain-lined or granite saucepan put a pound of granulated sugar and a half a pint of water and bring it to a boil. *Do not stir.* When it has boiled about ten minutes, test a little of it

in a cup of iced water. When it gets to the point that you can take the deposit that falls to the bottom of the water and make it into a ball that will not stick to your fingers, it is at the right stage. Take it from the fire and set in a cool place. If the sugar ball is brittle, it has boiled too long; you must put a little water in with it and then try it again. If it is at the right stage set it aside to cool, as I have said, and when it is blood-warm begin to stir it with a spoon or paddle. It will become white and soft, and you can handle it as though it were pastry. This can be kept until it is needed. To use it for icing, put some of the *fondant* in a small bowl, set this in an outer vessel of boiling water, and let it melt to the proper consistency for icing the cake. Flavor it and color it as you like.

Bear in mind that when *fondant* is heated a second time it hardens much more quickly than it did the first time, and keep it very hot until you are entirely ready to use it.

Pastry will not keep as long as the preparations I have already mentioned, and yet it may be kept for from a week to ten days, or even more, in very cold weather or on the ice. A fine pastry which

contains only butter for shortening is the best, and, although it is expensive, there are many who think it better worth while to have it seldom and to have it really good.

For pastry of any sort all the ingredients and the utensils must be ice-cold, and if the mixing can be done in a very cool room, so much the better. A marble-slab is admirable for pastry; when this is not attainable the zinc top of a table is the next choice. If the ordinary pastry-board is employed, leave it in the ice-box for several hours before using.

Put a pound of flour and three-quarters of a pound of butter together into your chopping-bowl, which should be as cold as the board. Chop them with a chilled chopping-knife until the butter is in bits about the size of a green pea. When this stage is reached, make a hole in the center of the flour and butter, in which put a small cup of iced water. Mix with the chopping-knife, lightly, to a stiff paste. When just mixed, turn out on the board. If some of the bits of butter are not blended, never mind; put them all out together. They will mix in when you roll the paste. Roll it with the rolling-pin, which should be as cold as

everything else, into an oblong sheet, pressing it lightly. Fold the sheet in three, turn it with the end towards you and roll it again. Repeat this process three times, always turning the end of the roll towards you. Set it on the ice then until ready for use. When that time comes, cut it with a sharp knife, roll it slightly, and never let it get so warm that the butter appears soft and oily.

This is known as rough puff paste and is almost equal to the fine French puff paste.

Mayonnaise is so simple a thing to make that one marvels it should be considered a task by many. For this, too, everything used in mixing should be ice-cold. Divide the white and yolk of an egg, putting the yolk into a soup-plate. Put with it a good pinch of salt and one of mustard and the juice of a lemon. Begin stirring into this with a fork, your salad oil, a drop at a time. Continue this for several minutes, until the sauce begins to thicken. You may then add the oil more rapidly, until you are stirring it in by the teaspoonful. If the mayonnaise becomes too thick to stir well, put in a few drops of vinegar and reduce it to the right consistency. Continue in the same way until you have the desired amount of mayonnaise. One egg

will take a pint of oil. Should the mayonnaise curdle before it is done, stir a piece of ice in with it and it will probably come back to the right state. If not, set the dish aside, take another egg, and begin again from the beginning. When the second stock is thick, work the curdled mayonnaise into it.

Just before serving beat the white of the egg stiff and stir it into the mayonnaise. Do not do this to the portion you expect to keep. You may increase the original stock by adding more oil if you need it. Mayonnaise dressing will keep for a week on the ice. Sometimes it thins a little by keeping, and in this case more oil can be worked in.

A good cake filling that will keep is the old-fashioned preparation known as lemon honey, or lemon butter. The yolks of three eggs are needed for this, and the white of one, the juice and rind of a large lemon, half a pound of sugar, and three large tablespoonfuls of the best butter. The salt must be washed from the butter, in the first place, and then it is put into the saucepan with the sugar, and melted. The eggs are beaten light, the grated lemon peel and the juice put with them, and all mixed together over the fire until of the consistency of very thick cream. It must be watched to keep

it from scorching. This may be put aside and kept for some time, to be used as cake filling when required.

Quince honey is also a good cake filling. Peel and grate two good-sized quinces. Cook together a pound of sugar and a pint of water until they reach the state at which you take *fondant* from the fire. (See previous page.) Add the quince and boil, stirring constantly, for twenty minutes.

Tutti-frutti filling is too little known. For this the tutti-frutti preserves, made by putting down fruits of different sorts in alcohol with sugar, are used. The fruits are chopped fine and then put over the fire and boiled down to a thick syrup. This makes a delicious filling, and is so rich that it can be used with a very simple cake and yet be suitable for a rather elaborate occasion.

A caramel filling may be prepared from *fondant* by adding the burnt sugar, or caramel, made as described above, to the *fondant* after this is reheated. Only a few drops will be needed to produce the desired color and flavor. As the *fondant* hardens more with every heating, it is well to soften it with the addition of a little boiling water when it is to be employed for cake filling.

It may be of interest to housekeepers to know how to compound the tutti-frutti, referred to which may be put up at almost any season of the year. In summer berries may go into it,— strawberries, raspberries, blackberries, cherries, and sections of firm white peaches. In winter it may be made of pineapple cut into dice, of divided sections of orange and mandarins or tangerines, white and Tokay grapes. If you wish the two varieties, summer and winter fruits may be combined.

Whatever the fruit it should be put into self-sealing jars with broad tops, four tablespoonfuls of sugar allowed to each quart jar, and this sprinkled over each layer of fruit. When this has been done, the jar may be filled to the top with white preserving brandy, pouring it in slowly enough to allow it to filter into every crevice. Screw down the tops and set the jars in a cool closet. The contents will not be ready for use until they have seasoned for several weeks.

XVIII

Home Dinners Without a Servant

The woman who does her own work has this great boon — she is not dependent upon the moods and tenses of servants. She can do as she pleases in her own house without fear of trouble. Should she choose to permit one member of the family to breakfast late, or should she wish to have dinner at an uncanonical hour she is not tormented by the reflection that Bridget or Gretchen or Chloe may be put out. Literally as well as figuratively she is mistress in her own house.

Of course there are drawbacks to this state of affairs. There are to most human conditions. It is not always pleasant to have to get dinner on the hot days, or to wash dishes when one is tired, or to feel that if one is forced to stop through fatigue or indisposition everything else about the house stops too. But the marvelous law of compensation works here, as everywhere else, and for

my own part I don't think that the woman who does her own work is an object of pity on that ground alone. It would be melancholy if she were, since there are nearly ninety-five per cent. of her in the United States against the small remaining fraction who hire help.

The woman who does her own work is wise when she establishes conventions of her own and says she will live as she pleases. I know one such woman. She is a good housekeeper and a thrifty, for she has to consider the dollars-and-cents question very carefully. But she feels that she is of more importance than rules and regulations laid down for the use of those who have servants at their command, and she rules her own home in accordance with her theories. A happy home it is, too, and one to which guests are always welcomed, with no word of apology for things being a little different from what they are in some other homes. Never had she a guest, to my knowledge, who did not enjoy the difference and find it a cause for praise and not for criticism.

To begin at the beginning, she does not have the conventional breakfast. The family are fond of fruit, and this, with a cereal, a cup of good

coffee, rolls, and bacon or eggs cooked in some simple way satisfy their needs for this meal. When summer fruit is plenty breakfast will consist of this, bread and butter, and coffee for the grown-ups, with milk and a cereal besides for the children. These, by the way, are taught from the first that part of the work of the house is as much theirs as other portions are the share of their mother, and they bear their part of the burden as a matter of course and cheerfully, with no thought that they are being imposed upon or overtasked.

The mother's morning is pretty busy, because she has not only most of the work of the house to do after the children are off for school, but sometimes, because she was tired the night before or something interesting presented itself, she put most of the dinner dishes in hot water, after scraping them, covered them, and left them. The silver was washed and put away, but the bulk of the dishes were left to be done when she felt fresh and bright and ready for her day's work. She is systematic about her employments, too, in the line of sweeping, cleaning, etc., but she tries to take things as they come and not to worry. Lunch for the children when they come home from school at noon is

plain and substantial, and her dinners are not the function one usually associates with the name. If she has stock in the house or if her meat course is light, she serves soup, but if not she has her meat course without preface, accompanying the meat with a couple of vegetables and following it sometimes with a sweet — preferably fresh fruit — sometimes with a salad, crackers, and cheese. On rare occasions she may have all three courses, and a cup of coffee invariably finishes the meal. Whatever else she may have to economize upon, she insists upon good food and abundance of it for her household. There is never any omission of the niceties of serving or arrangement, and the impression made upon the visitor is one of simple and elegant plenty.

Granting that circumstances alter cases and that the same rule cannot be followed by all housekeepers, it may still be asserted that the woman who gives to her home-making the careful thought most women would bestow upon planning important additions to their wardrobes, can make far more of it and accomplish her duties with more ease and success than the woman who runs her house in haphazard fashion. Such thought and

care may possibly be omitted by the woman who has service at her command, although that they are necessary in her case also is proved by the experience of every woman at the head of a domestic force. But planning which will simplify her labors and give her a degree of self-confidence that will connote poise and ease of mind is indispensable to the woman who does her own work.

The chief problem that comes to a housekeeper in the daily round of her duties is dinner, as a matter of course. Not a formal dinner — that she may renounce as beyond her scope in existing conditions — but the regular evening meal. Breakfast is in most houses more or less of a scramble, and melancholy as this may be, it is as true in houses where there are competent servants as in the homes without them. In the millennium it is to be hoped that each member of a family will breakfast apart, but until that longed-for period one must resign one's self to a certain amount of friction at the morning meal, or if not to friction, to labored cheerfulness and obvious patience. Luncheon, too, is an informal repast with, at its best, a spice of picnic thrown in.

But dinner! Here at least the household must

gather about itself what shreds of dignity it possesses, and try to compass a meal that shall not be altogether unworthy of the distinguished name of dinner. And I contend that this is as possible in a household where no maid is employed as in one presided over by a butler — if only one goes about it in the right way.

In the first place, however the bill of fare may depart from the conventions, there must be no such departure in the spreading of the table. The spotless linen, the shining glass, silver, and china, must be as carefully arranged for the entirely domestic meal as for that to which guests are expected. When feasible there should be flowers or at least a growing plant in the middle of the table. No liberties or carelessness may be permitted with the stage-setting. The first look at the table should produce the impression of an orderly and dignified occasion.

The same orderliness and dignity should continue throughout the meal. Since there is no maid, the dishes for each course must all be put on the table at once, instead of having the vegetables on the side-table. But this was the universal custom years ago, and is still followed by preference in

many homes where there are attendants to pass the dishes. The meat in front of the carver, each vegetable near some one who will serve it, a piece of bread and a butter-ball on each bread-and-butter plate, gravy or sauce, pickles or relishes, may all be in place when the family comes in.

Once assembled and seated, a like orderliness should be adhered to in serving the food. If everything is on the table as it should be, there will be no need for constant jumping up to repair deficiencies. Nothing is more disturbing to the calm that should wait upon digestion than such irregularities. The butter has been forgotten and one person rushes to the refrigerator. There are not enough tablespoons and a relief expedition flies to the silver-drawer. The vinegar-cruet is empty and a third member of the family vanishes into the pantry. We have all of us known such dinner-tables and our gastronomic memories hold them in bitter souvenir.

It is all so unnecessary! Thought and planning can soon make second nature of the habit of putting on the table in advance all that is likely to be required, and when this has been done the meal may progress in as pleasing a peace as would be

possible with trained service. It does the different members of the family no harm to wait on one another, and arouses in them a quickness to notice and anticipate the wants of others that is conspicuously absent from the manners of those who have always been served by attendants.

When the table is not large enough to accommodate without crowding the dishes that will be needed at the meal, a serving-table may be pressed into use and on this may be the overflow supply. Here, too, may be the pitcher of water, the plates for the salad or the dessert, with finger-bowls and doilies complete, the vinegar and oil cruets when these will be needed in preparing the salad dressing, the after-dinner coffee cups and saucers and sugar-bowl, and any other adjuncts which it is well to have near the hand of the mistress of the house.

When the time comes to change the plates — for no lack of service must be permitted to interfere with the sequence of courses — the work should be deputed to one member of the family. The quiet of the earlier part of the meal should not be rudely dispelled by permitting half the persons at the table to be on their feet at once. If there are daughters in the household each may take her

turn at removing the plates, brushing the crumbs from the cloth, and bringing in the next course. Should there be only boys, it will do them no harm to gain a little dexterity in the details of housekeeping. Such instruction will cause their future wives to arise and call the mother-in-law blessed. Or if the task of changing the plates devolves upon the mistress of the house she may do it with as much calm and dignity as she would display in a less homely occupation. She could arrange flowers or fruit or dispense afternoon tea to guests with no embarrassment or attempt at apology. Why should she not clear her table with equal grace?

Again let me emphasize the importance of everything being managed with the same precision when the family is alone as when guests are expected. In this manner only can the housekeeper be sure that when company comes she will not be taken at a disadvantage.

The woman who does her own work is sometimes in danger of gliding into an attitude of shrinking from guests. Very mistakenly she feels that when she cannot offer the perfection of employed service to her friends she does not care to ask them to her table. Thus the man of the house

too often has to renounce the privilige, dear to his heart, of bringing home a chance guest. When young and inexperienced he cherishes the illusion that he can do this at any time without warning, and it takes a series of bitter lessons to convince him that he is not free in this regard, and that even if he sends word to his wife that one of his old college friends has happened in and that he is bringing him out to dinner he may be making a terrible blunder.

It is always a pity when this stage is reached. The man who comes to the point where he is afraid to invite a friend home with him when he pleases has lost something besides the privilege. A certain degree of confidence in his wife's ability to meet emergencies, in her eagerness to give him pleasure, is gone. I say this without any wish to minimize the inconveniences it often causes a wife to have sudden guests, whether announced an hour in advance or entirely unheralded. Yet, after all, it is not such a calamity to have to share with a friend that which the housekeeper has considered good enough for her own, and it is ten to one that if the guest is made welcome and given to feel that his coming brought pleasure and bothered no one

he will be as well pleased as if his visit had been planned for days ahead.

The woman who gives her husband the right — which should have been his already — to bring home a friend when he pleases should have an emergency cupboard to which she can turn if the provision that was enough for six should seem slim for seven. In this closet may be tinned soups that need only heating and a little seasoning to be ready for the table, a few cans of good fish, meat, and preserves, jars of fancy cheeses, a supply of crackers, olives, and a few other things whose addition to the table will help out a plain meal. She may seldom have to draw upon this stock, but the knowledge that it is there will be a comfort to her. In any case let her avoid the pitfall of apologies. Their usual effect is to indicate faults or omissions to a guest who never would have perceived them had not the luckless excuse for their existence forced them upon his attention.

A valuable aid in the housekeeping of the woman with no servant is a selection of dishes for keeping food hot. There are many of these. The chafing-dish first — not only the one used for table cookery, but the old-fashioned hot-water dish whose

chief function is a heat-preserver. This has a cover, of course, and is usually large enough to hold a medium-sized roast, to say nothing of steak or chops. Next come the casseroles, of which there are many styles and sizes. Some are much ornamented, others plain, and they may be used not only for the preparation of food *en casserole,* but also as bake-dishes for vegetables and puddings. Also there are plates especially for hot breads, consisting either of covers fitted over plates or else with a hot-water reservoir in the lower part. These may in a measure take the place of a servant in supplying hot food to the family without hired service.

XIX

Entertaining Without Service

The woman with one maid or no maid at all may feel that she is debarred from dinner-giving. Or she may feel that the trouble of the dinner outweighs the pleasure she grants or gains. The luncheon, the supper, or the afternoon tea fits so well into her capabilities as to kindle or strengthen in her heart a belief in special Providence.

With these forms of entertaining, as with the dinner, the preparation is much what the hostess chooses to make it. I have spoken before of the tendency to simplify meals. The rule which prevails at dinners extends to luncheons. I have in mind lunch-parties I have met where course after course succeeded one another — appetizer, bouillon, fish, entrée, *pièce de résistance,* more entrées, sorbet, game, salad, sweet, fruit, coffee — until the women who began bravely under the impression that the meal would be only an extension of

the light repast usual in the middle of the day felt themselves on the verge of collapse from plethora.

This sort of thing may once have been fashionable. Never was it rational. It is a sign of the increasing common sense of the entertaining community that it is no longer even *à la mode*.

Let me tell of two luncheons which stand out in my memory, and might serve as models to the woman without a maid.

The first was given in an old house dating back to Colonial days. Need for economy, combined with the difficulty of securing servants in a rather remote country locality, had obliged the mistress of the house and her daughters to do their own work. They had all the traditions of elegant living, and they carried these into effect when they waited on themselves as when they had trained service. Three of us fortunate guests took our places at a dining-table of old mahogany, and ate and drank from ancestral china, glass, and silver. The table was laid with centerpiece and doilies of fine damask, flowers were in the middle of the table, and everything was arranged in the usual conventional fashion.

It was summer, and the first course was jellied bouillon. When this had been eaten one of the daughters rose, with no word of apology, and removed the cups, leaving our empty plates in front of us. The next course, a cold meat of some sort, a salad, and fresh rolls, was already on the table, and we served ourselves, passing plates as we would have done at the home table if without a maid. Tea was made and poured by the hostess.

This course finished, the daughter again rose, removed the plates, crumbed the table, and put on a dish of superb strawberries, a pitcher of cream, and a plate of cake. Again we waited on ourselves. All through the meal the conversation was easy and pleasant, with no word of apology for the lack of a maid — and, indeed, her absence was scarcely noted. When we left the house it was with the memory of a delightful lunch, prepared and served with a perfection that left no room for criticism.

The other luncheon was eaten many miles from the first, at the home of a young couple who were obliged, for economy's sake, to dispense with a maid. Five of us sat down to table and found at each place a glass cup filled with ice-cold fruit

macédoine. As we finished this we followed the example of our host and set our cups to one side. The hostess had a serving-table at her elbow and a chafing-dish in front of her, and proceeded to prepare the hot dish of the meal. Light rolls and Saratoga chips were on the table, and beside each place when we sat down was a plate of salad. Not until all the substantials had been eaten did the hostess arise, quietly remove the plates, brush off the crumbs, and put before each of us half a nutmeg melon filled with ice-cream. On the veranda, after lunch, she brewed us coffee in a Vienna coffee-pot.

I have attended many large and elaborate luncheons of which I have forgotten the details, but every feature of these two delightful meals remains with me. Only gentlewomen, too sure of their position to be conscious or uncomfortable because deprived of hired service, could have carried through affairs with so much dignity and grace.

If I have made a long preamble it is because I feel that the rehearsal of the success of two housekeepers may be helpful to others similarly situated.

The table for a luncheon without a maid should be prettily set, bare if the table-top warrants it,

except for centerpiece and doilies, and covered with a white cloth if the wood is not presentable. Some luncheon cloths have a little color about them and are very attractive. Smaller napkins are used for luncheon than for dinner, and may be adorned with drawn-work or plainly hemstitched. The napkin is laid by the forks at the left of the plate, the knife and spoon at the right, the tumbler near the latter. Little dishes of candies, olives, and nuts may be on the table, and the bread-and-butter plates, usually omitted at a dinner, may be on the left of the place in a position corresponding to the tumbler on the right.

A luncheon may begin with beef or chicken bouillon, hot or cold, or with clam or oyster soup. Or this course may be omitted and a *macédoine* of fruit or halved grapefruit or melon may be served instead. If the *macédoine* is served, it may be in cocktail or lemonade glasses, the fruit cut into dice and very cold. This may be on the table when the guests come into the room.

For the second course, if fish is to be served, creamed fish *au gratin* is excellent, since this may stand for some time after cooking without injury to its excellence. Fish may be omitted, if one pre-

fers, and creamed chicken *au gratin* come next, or chicken served in some other way, or chops. This would be also the time to bring the chafing-dish into service, and to cook in it oysters, or fish, or meat, or cheese, or eggs, or any of the other dainties known to the chafing-dish expert. These are served directly from the chafing dish.

This course may be succeeded by a salad, or accompanied by it if one prefers, and there should be an effort to have the salad something a little unusual. Salads without number are possible nowadays, and nearly every week brings the suggestion of a fresh one.

Next, the sweet, and this, too, may be simple or elaborate, as one pleases. Ice-cream is not indispensable. Stewed figs, figs and green ginger, berries in jelly with whipped cream over them or *au naturel* or with cream, tarts of fruit or anything else, syllabubs, such as they know how to make in the Old Dominion, and which may easily be made at the North in a region where cream and eggs are plenty — there is no need that I should make further suggestions. To end, a cup of coffee, unless it is preferred to serve this with the second course. My description of the two luncheons in my intro-

duction may supply suggestions for changing plates and other service.

The supper, whether for Sunday night or some other occasion, is conducted much along the lines of the luncheon, and is even more informal. It rarely begins with a soup or appetizer, unless it may be toast or thin bread and butter with caviare or anchovy paste or something of the sort. The solid is usually prepared in the chafing-dish. The suggestions for this are numberless. Eggs *à la Newburg,* or curried, or deviled, or panned, or in black butter, or poached in cream or tomato sauce, or in combination with fish, flesh, or fowl, or in a Scotch woodcock; cheese in a rarebit or a *fondu* (and every man there will have his own view how the rarebit should be made, agreeing upon one point only, that his method differs entirely from the one followed at the moment); oysters, or clams, or lobster or crab meat *à la poulette* or *à la Dewey* or *à la Newburg* or deviled, chicken terrapin or *au suprême* or in any one of a dozen other ways — there is no limit to the dishes, and they may be as inexpensive or as costly as one chooses to make them.

The second course at such a supper should not

be elaborate. Cold meat, if one wants it, with a salad, or, if the salad is rather heavy and substantial food has been served from the chafing-dish, the cold meat may well be left out. If it appears it may be cold tongue or chicken, turkey or duck, ham, lamb, veal, or beef, or veal loaf, galantine or jellied chicken, and the salad may be suitable to accompany it.

The sweet should not be rich. Enough tax has already probably been laid upon the digestion. Fruit or cream cheese and jam or something of equal simplicity should conclude the meal. Chocolate or coffee may be served at the second course in large cups, or at the end in demi-tasses.

For supper the table is spread as for luncheon. The *hors d'œuvre* are served or omitted, as one pleases. The chafing-dish is on the table from the first, and the cups and saucers may be put on the table when it is set.

For a late-at-night supper, after a card-party or similar affair, the supper is a little less substantial. The chafing-dish preparation may be there, but the second course may be left out altogether, or only a salad, and that not rich or elaborate, given after the chafing-dish dainty. This, by the way, in the

interests of humanity, should not be too deadly. Many a man will feel safe in taking liberties with his digestion on Sunday night — perhaps fancying that the sanctity of the day may have a happy effect upon the gastronomic apparatus — who would hesitate to run a like risk at the end of a social evening which has followed a long working-day and a hearty dinner.

In warm weather the chafing-dish is best dismissed, and the late supper may consist of a salad, thin bread and butter or sandwiches, and iced drinks of some sort. Fruit punches and similar summer drinks are many, both with and without alcohol. Whether the supper be early or late, Sunday or week-night, the services of a maid may well be dispensed with. Part of the enjoyment of such an occasion is due to its unconventionality, and the men of the party may wait on themselves and on the women present with no breach of decorum.

The hostess contemplating an afternoon tea has even smoother sailing than when planning a supper. Besides getting her house in fresh order and arranging her flowers, her chief preliminary work will be making cake and sandwiches. Both are essential at an afternoon tea where guests are enter-

tained, but the choice of what each shall be is unlimited. The sandwiches are as much *comme il faut,* when of thin bread and butter folded in two and cut into squares or triangles or circles, as when they are filled with *paté de foie gras* or anything else equally costly. The medium between these extremes is taken by sandwiches of minced chicken or tongue or ham, or of cheese and nuts, or cheese and lettuce, or any one of a dozen other fillings, and the bread may be white, brown, whole wheat, graham, gluten, or any other variety.

The same license prevails about cake. Home-made or fancy, either will serve, and may be one or two kinds or a larger selection. Salted nuts and bonbons may also be offered.

The tea must be the best and carefully brewed. An excellent plan is to make it very strong early in the afternoon, and, when it has drawn five minutes, to turn it from the leaves. It may then be kept hot, and diluted with boiling water as one pleases, with no dread that tannic acid is developing by long steeping.

When the hostess intends to have more than half a dozen or so guests at her tea, she should, unless she has daughters to aid her, invite some one to

help her pour the tea or the tea and coffee or chocolate she offers her friends. In any case it is well to secure the services of some young girls or intimate friends who will supplement the activities of the hostess and see that no one is overlooked.

At a small function where the tea is made by the hostess or her daughter or friend in the drawing-room, the tea-table is supplied with hot-water kettle, tea-caddy, and tea-pot. When the table is large enough the cups and saucers, sugar-bowl and cream-jug and saucer of sliced lemon, may also be here or on another small table. Several small tables to be set in front of the guests, that they may take their tea in comfort, will prove an addition to the coziness of the occasion. For such a purpose the pretty and inexpensive folding-tables are excellent, and are especially desirable for the dweller in flats with small extra space at command.

XX

The Stag Repast Without Service

The home stag dinner is growing in popularity, especially in small places and among men who wish to show hospitality without extravagance. Once it was almost unheard of in those circumstances. The man of means who lived in a large city entertained his men friends at his club or at a restaurant, or not at all. In a small town, which boasted no club or satisfactory hostelry, he gratified his longings for social intercourse with other men by lodge meetings, town meetings, the card club of the commuters' train, or the post-office parliament and corner-grocery council, according to his social standing and his opportunities. The man who had no such outlet contented himself with the mild mixed society afforded by the occasional teacup gatherings of his wife's friends and their husbands.

But now, at last, the long down-trodden man is beginning to have a few chances to get his innings.

The wave of altruistic socialism that is sweeping over the world has reached even to him, and wives recognize the fact that mere men may like to meet and talk, even although they may not be parsons, lawyers, or doctors. For the benefit of these three classes a convention has long existed, by virtue of which it was considered right that they should gather together at stated periods, presumably to exchange great thoughts upon the subjects to which their lives were devoted. To-day, however, the "common or garden variety" of business or professional man has had accorded to him the right to meet his fellows and chat with them over food as women for generations have gossiped over their tea. And from these deliberations it is agreed that the opposite sex is best absent.

Preparations for the home stag party naturally devolve upon the wife of the man who gives the party. She may not preside over the board, as in her secret soul she yearns to do, but she may at least make ready for the guests, and if she is the right kind of a woman she will probably do it with genuine pleasure in the enjoyment she anticipates for her husband. Moreover, she would not be a woman if with this altruistic joy there were

not mingled a pride in showing how well she can do in the circumstances. A stag dinner or supper is a simple affair in a home where there is a butler or a waitress. It is quite another matter in an establishment where no maid is kept and the housekeeper, knowing that every man at the festivity will go home and tell his wife all about it, girds up her loins and resolves to do mightily or perish in the attempt. The fact that she is probably handicapped by the necessity for economy as well as by lack of service is only an additional incentive.

Since the housekeeper is not to enter the dining-room after the guests are assembled, everything that can possibly be needed must be there in advance. If her husband is like a majority of menfolk he would be hard put to it to supply any deficiency she might leave. The table itself must be well stocked, and the serving-table must supply the lack of the butler.

A regular dinner can hardly be planned for in the conditions, and the skill of the caterer must be expended to make a meal which will take so well the place of the ordinary dinner that no one will notice a defect in either omissions or commissions. Should a soup be served, it must be in cups and

heavy in character — like mock turtle. Such preambles as oysters, clams, and fruit are out of the question, and the woman is wise who boldly turns her back upon all conventions connected with the dinner hour and calls her husband's stag party a supper. This name covers a multitude of shortcomings and disarms criticism.

In these days of an advanced higher education for the masses there are few men who have not a little knowledge of how to handle a chafing-dish. If the man who is to give the party is lacking in this branch of erudition it is well for his wife to give him a few lessons in advance — unless he numbers among his prospective guests some one who is considered by himself and others to be an adept in that line. In this case let the housekeeper find the details of the dishes in whose preparation the adept especially fancies himself, procure from him a list of the necessary ingredients, and leave the result on the knees of the gods. It is henceforth outside of her jurisdiction.

If her own man-body is to do the cooking, however, and if he has a faculty in this line, she should have no difficulty in selecting a dish which will appeal to the palates of the diners. Scotch woodcock

or some dish of oysters or chicken or cheese will do to begin the feast. Should such a contingency arise as that none of the men can conduct a chafing-dish, she herself can prepare the dainty in the dish just before the guests are summoned to the table. The hot water in the lower pan will keep the contents of the upper one warm.

When more than one hot dish is desired it is well to have two chafing-dishes — not for cookery, but to serve as *bains-marie*. In one of these may be a savory vegetable — or one may contain a dish of eggs, the other one of shell-fish or of poultry or cheese. One or two vegetables may be kept hot in covered bake-dishes. A supply of warm bread may also be placed in a covered dish. Minor delicacies, like olives, nuts, radishes, etc., are not strictly needed at such a meal, although they will doubtless be eaten if provided. The salad is a consideration, and it should be something rather substantial. Rare are the men who do not cherish a conviction that there is no dish much better than chicken salad — unless it may be lobster salad. If, however, the early part of the supper has included either one of these viands, a green salad may be served instead, and there will surely be some man who prides him-

self on his ability to mix a salad dressing, and will gladly undertake this part of the work.

Cheese there must be, and of more than one kind. Camembert and Swiss, perhaps, or Roquefort and club-house. In these days, when so many of the fancy cheeses are put up in glass jars, they may be procured in all parts of the country, and no one need be debarred because his home is far from a large city market.

Sweets are less popular among men than among women, and few of the guests would miss a dessert from such a meal as this. Should one be served it may be a charlotte-russe or a jelly or a tipsy cake — unless, indeed, one boldly defies the thought of future retribution and rejoices the palates with a pie — the more unwholesome the better!

Coffee may be kept hot in an urn. Wines and liquors are often served at such suppers, but this is a matter to be determined by the host, who will make his own selection of these beverages.

For such a supper much thought must be given by the housekeeper, as I have already intimated, to arranging provisions, dishes, etc., in such a fashion that they will be ready to hand when they are needed. To this main consideration many details

must be subjected. At a gathering of men there is little appreciation of delicate doilies, filmy center-pieces, artistic candle shades, and the like and these are out of place. The table may be bare except for a round or a square in the middle and a doily under each plate. The light would better come from over the table than from candelabra, which take up space and interfere with the men's service of themselves and one another.

Each cover or place should be supplied with a water-glass, a bread-and-butter plate, a couple of knives, two or three forks, two teaspoons, a napkin, and two plates, one placed on the other. The upper of the two should be heated for the product of the chafing-dish. A piece of bread or a roll and a butter-ball should be on each bread-and-butter plate. At one end of the table may be the chafing-dish, at the other the coffee-urn. Around the latter may be grouped the cups and saucers. About the chafing-dish should be placed the necessary spoons and measuring-cup, the bowl for mixing, the seasonings required. On one side of the table should be a plate of hot bread, on the other the dish of salad, the fork and spoon for serving it close at hand.

Should the host preside over either the chafing-

dish or the coffee-urn, his seat will naturally be at one end of the table. In either case, close enough to his right hand to be within easy reach without impeding the movement of his arm in mixing or pouring, should be a serving-table — or butler's tray, or dinner wagon — whichever one chooses to call it. One of the "double-deckers" is the most useful in the circumstances, although the ordinary table may be made to answer.

On this table should stand the sweet — if sweet there be — with the necessities for serving it, a few extra cups, saucers, and plates, knives, forks, spoons, and napkins in case of accident to those already on the table, and any other articles for which there is not space on the main board — crackers, cheese, celery, etc.

A little drilling as to how to conduct matters will not be out of place for the master of the revels, unless he has had a good deal of experience. When he leads his friends out to the dining-room everything should be in readiness for the first course, so that it will be a simple matter for him to serve his guests from the chafing-dish, the hot bake-dish of potatoes *au gratin,* or scalloped tomatoes, or baked onions, or whatever other vegetable has been

provided. The coffee can also be poured at this stage.

After the first course has been eaten and there is need for the lower clean plate for salad, cheese, etc., it is a simple matter for the guests to pass their plates, with the knives and forks that have been used, up to the host, who sets them off on the lower shelf of the serving-table, if it is a two-shelved affair, or on the back of the table if a lower shelf is lacking. The fresh plates are then in readiness for the next course. Should the chafing-dish or any of its appurtenances be in the way they also can be set off on the side table by the host, and on the main table, in place of the articles removed, he can put the cheese and crackers. If there is a spirit-lamp under the coffee-urn the second cup may be as hot as the first.

The service of a sweet presents only a trifling complication. Should the serving-table be large enough to receive the second set of soiled plates without crowding, there will be no trouble at all, but it may be incumbent upon the host to pile some of the plates on top of one another before he can make space for all. The cheese need not go off when the pie or other sweet comes on — indeed,

the ordinary niceties of removing all savory dishes before the appearance of the dessert is honored in the breach on such an occasion as this. If a third fork was placed by the plate when the table was spread the only changing to be done is to hand a fresh plate to each guest, at the same time taking from him the plate last used. The cheese may be pushed to one side in order that there may be space for the sweet.

As will be seen, this meal need not be a portentous undertaking. The housekeeper who is accustomed to preparing the meals for her family will find little extra work in such a supper as I have outlined. When the host is thoroughly at his ease, as most men are in similar circumstances, the supper is almost sure to go off well. The men may feel at liberty to get up and move about the room, replenish their own plates, or glasses or cups, and all freedom is permitted in the way of passing plates, reaching across the table for anything needed, and similar informalities which would not be tolerated at a dinner served in accordance with ordinary conventions.

At such a "spread" as this the guests are prone to sit late, but it may be remarked, as a gentle re-

minder, that if the host leads the party back to the drawing-room at the close of the meal he furnishes his wife a longed-for opportunity to come in and remove the débris and restore the room to its normal condition.

Perhaps I have seemed to deal too much in glittering generalities in outlining this bill of fare. If I have done so it is because the choice of the items is usually decided by the financial circumstances of the hostess. When money is little or no object for this special occasion, she may sally forth boldly to make her choice of provisions in the markets with her knowledge of what she knows her husband likes and thinks his friends would fancy for guide. But it is not likely so Utopian a state of affairs prevails with the woman who is preparing a stag party to be managed by herself alone. The brains that must devise contrivances to supply the lack of a butler must also be put to work to achieve a high-priced repast — or what produces the impression of being such a meal — on a rather slim outlay of money.

Granting, for the sake of argument, that she can indulge herself on this festive occasion, she can have nothing better for the main dish of the feast than a big platter of broiled or fried chicken, or an array

of broiled birds, or a fine roast turkey. Any one of these is sure to appeal to the palates of the men assembled. But should economy be an essential she may either buy a big steak (which is not so very economical, after all), a stuffed shoulder of veal, or else prepare a fine piece of beef *à la mode,* which done the right way, is, by the way, a very different article from the dish that masquerades at restaurants under that name.

A casserole is a godsend for such a meal as this. Not only does it possess the merit of keeping its contents hot, but it enables the hostess to devise savory combinations at less cost than is possible with choice cuts prepared after a plainer mode. The products of a casserole, if properly managed, are so appetizing that mere man will not stop to count the cost while rejoicing his palate.

Steak *en casserole* is good, chops *en casserole* are better, chicken *en casserole* is best. But here again comes in the item of expense, for it takes a clever woman to make good casserole of chicken out of anything but a youngling of a flock, although with care a fowl may be treated in such a fashion that no one will conjecture its years. But chops *en casserole,* if well prepared, with Parisian potato-balls,

mushrooms, peas, and plenty of savory gravy, will leave no place for criticism in the minds of the eaters.

The cost of the main dish and that of the salad may offset each other. If a lobster salad has been served a cheaper main dish may be offered, while if the principal *plat* of the feast is costly the salad may be something less expensive — like a *macédoine* of vegetables or a fruit salad, which, while a little trouble to compound, is less costly than either lobster or chicken.

XXI

Home-Made Cakes for Afternoon Tea

The afternoon tea has come to stay. It is too convenient a function to be dispensed with. There is no pleasanter or easier way of paying off a mass of social obligations than by having a tea. To this end elaborate afternoon receptions, still called "teas," are given, and at these crowded affairs one is served with salads, sandwiches, *frappés,* and cakes of all kinds, while the beverages range from tea and coffee to punches.

It is not, however, of such a function that the housewife in modern means thinks when she would entertain her friends. With little expense she may have a "day" or a series of "days" during the winter, without calling to her aid a caterer or an army of servants. She and her one maid can make all necessary preparations, and furnish the simple refreshments required.

As the rooms would have to be lighted for the early winter twilight, it is well to draw down the

shades at first and have the apartment illuminated with shaded lamps and candles. There is nothing prettier or more becoming than this subdued and shaded effulgence. On the tea table may stand a tall candelabrum, while its mate has its place upon the top of the upright piano. A dainty little lamp — what we used to call a "fairy lamp," when such ones were first in vogue,— is on one end of the chimney-shelf. A larger lamp with a soft pink globe is on a table near the door. One may have as many of such lights as she wishes, and yet there will be no glare to try the eyes and call into evidence unbecoming wrinkles, as do the merciless electric lights.

Upon a tea table presided over by a friend of the hostess are the teapot and the canister, the spirit lamp and plates of dainty sandwiches cut in various shapes, and fancy cakes of all sorts. Here, too, may be served coffee. With the cups of the smoking beverages will be passed sugar, cream, and thin slices of lemon. The sandwiches may be of brown bread and white, with delicious fillings, and the fancy cakes simple or elaborate, as the hostess may decree.

To the woman who will make herself mistress of

the art of preparing homemade fancy cakes, the afternoon tea has few terrors so far as expenses is concerned. At first she may find it a little hard to manufacture these toothsome dainties, but she will soon become accustomed to the work, and will be surprised to find how many varieties she can "turn out." The essentials are suitable materials and an abundance of patience. A novice must not be discouraged if, at first, her boiled icing becomes granulated or sugary, and if the cake is sometimes too crumbly to cut into just the desired shapes. After several trials she will learn when the correct point in boiling the syrup is reached, and just how stiff the batter must be. She must always have on hand a supply of vegetable colorings,— especially pink and green and violet,— and such nuts as almonds and English walnuts, with a plentiful stock of currants and raisins. Citron, also, may play an important part in the decoration of the cakes. Almond paste can be bought already prepared for the macaroons.

Before giving the following recipes for fancy cakes of various sorts, it may be well to tell just how the boiled icing, essential to a well-frosted fancy cake, must be prepared.

BOILED ICING

Into a perfectly clean, porcelain-lined saucepan put a pound of granulated sugar and a teacupful of water. Bring to the boiling point, but do not stir. At the end of fifteen minutes begin to test the syrup by dipping into it the tip of a fork. When the drops run from the fork slowly, leaving after the last one a blunt end, the correct point is nearly reached, and the syrup must be watched carefully. As soon as there floats from this blunt bit what appears to be a very fine hair, the syrup must be removed immediately from the fire. Set in a cool place until a little more than blood warm, and then beat the mixture to a white mass. When too stiff to stir it may be worked with the hands. This is the *fondant* icing for the cakes. When it is to be used, the vessel containing it is set in an outer vessel of boiling water. The *fondant* icing is then beaten until it is again a soft white mass. This may be flavored and colored to suit the taste. A few drops of spinach or other green vegetable coloring will make a delicate shade of pale green, a little cochineal will give an exquisite pink shade, while melted chocolate may be added until you have the desired brown. Spread quickly on the cakes with

a knife dipped in boiling water. Small cakes that are to be iced all over are thrust through with a long-pronged pickle-fork and plunged into the *fondant,* then quickly withdrawn and set on platters to dry. A quantity of *fondant* may be prepared at a time and set away in jelly glasses covered with paper, until needed. A little may be softened over boiling water and used as it is wanted. Each time it is heated, the hardening process is quickened. Use it briskly after making it hot.

SQUARE CHOCOLATE CAKES

Rub to a cream a half cup of butter and a teacupful of sugar, add four well-whipped eggs and seven tablespoonfuls of grated chocolate dissolved in a half cup of scalding milk. Flavor with vanilla and stir in lightly a pint of flour sifted with a heaping teaspoonful of baking powder. Bake in a square biscuit-pan. When done, and almost cool, cut the cake in halves. Spread the lower half with a chocolate filling, or with chocolate icing. Lay the other half on top of it, and, with a sharp knife, cut into squares of a uniform size. Cover each of these smoothly with chocolate icing.

NUT CAKES

Cream a half cup of butter with one cup of sugar, add three well-beaten egg yolks, a gill of cold water, and enough flour to make a rather thin batter alternately with the stiffened whites of the eggs. Last of all, stir in lightly a cup of chopped hickory-nut kernels, plentifully dredged with flour. Bake in small round tins. When cold, ice, and place half of a nut on the top of each cake while the icing is still soft.

MARSHMALLOW CAKES

Cream a cup of butter with two cups of powdered sugar, add a small cup of sweet milk and the stiffened whites of five eggs alternately with a scant quart of prepared flour. Bake in a large square card, as directed in the recipe for chocolate cakes. When cold, cut the cake into squares. Spread half of them with a marshmallow filling and put the other squares on top of these. Press the upper and lower halves closely together.

MACAROONS

For this you will need six ounces of almond paste, a cup and a half of powdered sugar and the whites of two eggs. Beat the whites to a stiff froth, add

the almond paste chopped fine and the sugar, make the mixture into balls with the fingers and bake on greased paper laid in pans. The oven should be of moderate heat. They should brown delicately and may then be taken from the oven, though they should not be removed from the pan until they are entirely cold.

JUMBLES

These are excellent to make at the same time with the macaroons. They require half a cup of butter, a heaping cup of flour, three-quarters of a cup of sugar, the yolks of two eggs, two tablespoonfuls of sherry, and flavoring extract to taste,— lemon, rose or vanilla. Cream the butter and sugar, mix with the beaten yolks, add the flour, the flavoring and make into small balls with the fingers. Lay them on buttered paper in a tin, putting them far enough apart to allow for their melting and spreading. A blanched almond or a raisin may be laid on top of each and they should be baked to a pale yellow,— not until they brown. Take them from the paper while still warm, before they become brittle in cooling.